DOCUMENT RESUME

ED 284 790 SO 018 240

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TITLE China.
INSTITUTION Victoria International Development Education Association (British Columbia).
SPONS AGENCY Canadian International Development Agency, Ottawa (Ontario).; Employment Immigration Canada, Ottawa (Ontario).
PUB DATE 85
NOTE 112p.; For related documents, see SO 018 241-246. Some pages printed on colored paper.
AVAILABLE FROM Victoria International Development Education Association, 407-620 View Street, Victoria, British Columbia, Canada V8W 1J6 ($15.00, Slide-Tape: $50.00).
PUB TYPE Guides - Classroom Use - Guides (For Teachers) (052)

EDRS PRICE MF01 Plus Postage. PC Not Available from EDRS.
DESCRIPTORS Agriculture; *Asian History; *Asian Studies; Creative Art; *Cultural Traits; Educational Practices; *Ethnic Groups; Family Life; Food; Foreign Countries; Health; Industry; Instructional Materials; Leisure Time; Mass Media; Religion; Rural Areas; Secondary Education; Social Studies; Transportation; Urban Areas
IDENTIFIERS *China

ABSTRACT

China has the longest continuous civilization in the world--about 4000 years. Another reason to study China is its sheer size in both area and population. This text gives students the opportunity to explore those aspects of Chinese life which have changed in recent years. The extensive history and religion sections allow these changes to be seen in the light of China's ancient past. The text is divided into units according to subject areas such as the land, cities, and history. A suggested activities section consists of a series of questions, discussions topics, activities, quizzes, and research projects. These correspond directly to the textual material. The slide-tape script can be used on its own to add to the teacher's knowledge of the country or it can be used in conjunction with the slide-tape, which is sold separately. Also included are a glossary, and suggested reading list. (BZ)

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China

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China

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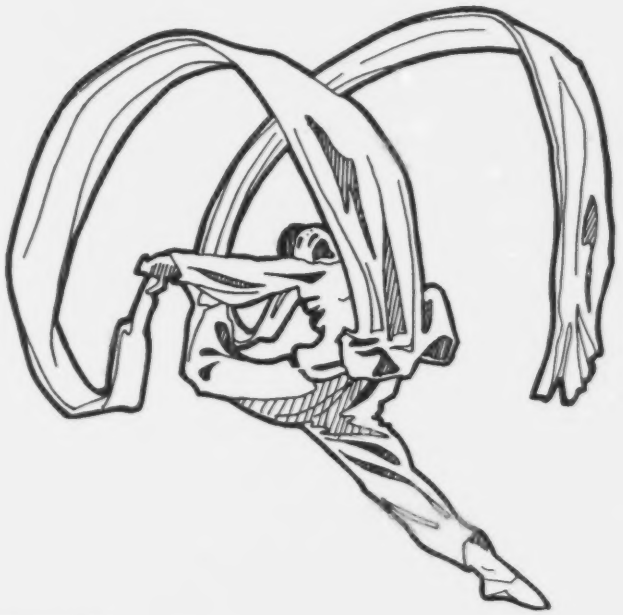

ACKNOWLEDGEMENTS

Victoria International Development and Education Association would like to acknowledge with thanks the contributions of:

Dr. Jan Walls
Yuchuan Li
Janet Young
Sheila Linds
David Massey
Gene Mah
Betty Andrews
Terry Chantler
Dan and Phyllis Hopkinson
Cindy Low
David Norris

Produced with financial assistance from Canadian International Development Agency and Employment Immigration Canada.

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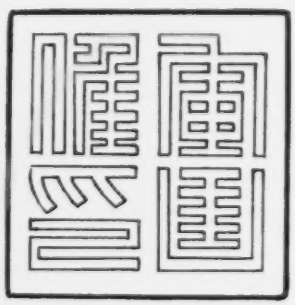
TEACHER OVERVIEW

The text China gives students the opportunity to explore those aspects of Chinese life which have changed in recent years. The extensive history and religion sections allow these new developments to be seen in the light of China's ancient past. As China is the world's largest experiment in socialism, the text explores how this system affects the lives of the Chinese people and the new directions in which it is taking them.

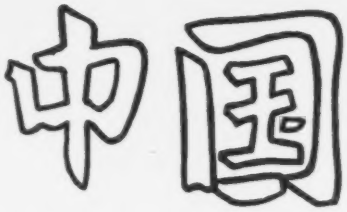
1. The Text is divided into units according to subject areas such as the Land, Cities, History, etc. These units can be duplicated and handed out to the class, used for teacher reference, or made into transparencies and shown on an overhead projector. The text covers a wide variety of topics. This gives teachers an opportunity to choose which areas they would like to focus on.

2. Suggested Activities is a section which consists of a series of questions, discussion topics, activities, quizzes and research projects. These correspond directly to the textual material. Teachers can choose what they want to use from the variety of suggestions or use the ideas to adapt to their own methods.

3. The Slide-Tape Script can be used on its own to add to the teacher's knowledge of the country or it can be used in conjunction with the slide-tape, which is sold separately. If the slide-tape is being used we recommend showing the slides first without playing the tape to help the students learn to "read" the photographs. The teacher can use the script to guide the students through the pictures to prepare them for the whole slide-tape presentation.



WHY STUDY CHINA?



China has had probably the longest continuous civilization in the world - about 4,000 years. Think of the history of Canada. Start with the explorations of Cartier in 1534. Count the years. If the years were seconds, just five minutes would have passed. Using this same system, China's ancient history would take an hour to pass. Compare the difference between five minutes and one hour.

Not only is China's civilization ancient but it is widely believed to be one of the greatest ever. The Chinese believed it to be the center of all civilization. They called their country Chung-kuo (中国)which means the "Middle Kingdom". These characters are still used today to represent China. The people who lived beyond China's borders were thought to be crude barbarians not worth bothering about.

The Chinese also believed their emperor was the "Son of Heaven". For them he was not just the ruler of China but the king of "All under Heaven". It was also thought that because the ruler owed his position to the will of Heaven it could be taken away from him if he didn't live up to the high expectations of his office. The withdrawl of Heaven's favour would mean there would be natural disasters or the people would rebel. Rulers who no longer had Heaven's favour were succeeded by a new dynasty.

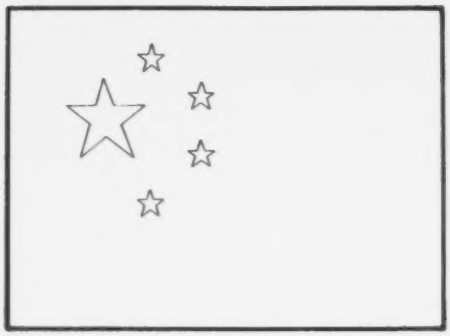
Although these ideas began in ancient times they survived until this century.

Another reason to study China is its sheer size - both in area (the third largest country in the world) and in population (the largest in the world). Think of the number of Canadians there are. Double their number, multiply by four, put another zero on the end. That makes about one billion. That is about how many Chinese there are.

All of these people are united under one system of government, a Chinese style of socialism.

China shows China's history and what life is like in China today as seen through the lives of one in four of the world's people - the Chinese.

CHINA FACT SHEET



SIZE AND LOCATION:	China is the third largest country in the world. It measures 4,855 km. (3,011 mi.) east to west and 3,350 km. (2,082 mi.) north to south. It is located in the eastern part of Asia on the west coast of the Pacific Ocean.
CLIMATE:	Most of the land lies in the temperate zone with four distinct seasons. It is subtropical in the southeast.
POPULATION:	1,051,551,000 (Est. 1985) density 107.1 per sq. km. (one half of the population is under 21).
CAPITAL CITY:	Beijing (formerly known as Peking), population 9,230,687 (1982 census).
DIVISIONS OF GOVERNMENT:	21 Provinces 5 Autonomous Regions 3 Municipalities
LEADER:	Premier: Zhao Ziyang (August, 1984)
NATIONAL FLAG:	Red with five gold stars in upper left corner.
CURRENCY:	Remminbi - the peoples' currency 100 Fen = 1 Yuan - the peoples' bank dollar $1 U.S. = 2.247 Yuan, 100 Yuan = $44.50 U.S.
G.N.P. PER CAPITA:	$123.00 U.S. per year in rural areas (1982) $281.00 U.S. per year in the cities (1982)

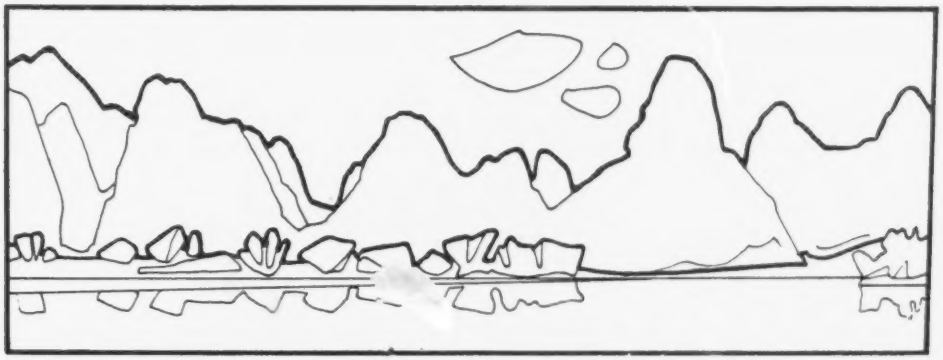
PERCENTAGE OF LABOUR FORCE:	Economically active population 406 million (1982); 76% Agriculture, 11% Manufacturing, 10% Commerce-Services.
LANGUAGES:	Official language is Mandarin (based on Beijing pronunciation). One of the major dialects is Cantonese. There are 53 languages in all.
ETHNIC GROUPS:	93.3% Han - 54 recognized minorities. Most numerous: Tibetans Mongolians Uighurs.
RELIGION:	1949 - Places of worship closed. 1982 - Constitution provides for freedom of religious activities. Confucianism Religious practice was often Buddhism a mixture of the three. Taoism Christianity - 3 million Islam - 13 million
HEALTH:	1 medical worker for every 100 people
LIFE EXPECTANCY:	66 years for men and 70 years for women
LITERACY:	95% of workers are literate 70% of young and middle-aged peasants
ADDITIONAL MISCELLANEOUS INFORMATION:	Chinese names are written with the family name first and then the personal name. For example Mao Zedong - Mao, is the family name, Zedong is his given name. This was written Tse-tung. But since the new writing system called Pinyin took over, names are now pronounced closer to the way they sound in Chinese. Pinyin - Since 1979, Chinese names and place names have appeared in newspapers spelled according to a new system called pinyin. This is now the official method of translating Chinese names into foreign languages that use the Roman alphabet. Three of the pronunciations are: q=ch (chart) x=sh (ship) zh=j (judge)

THE LAND

China is a vast country with an area of 10,000,000 sq. km., (3,861,000 sq. mi.). It is the third largest in the world after the USSR and Canada. To reach China from Canada's west coast you would have to travel about 8,000 km., (4,640 mi.) westward across the Pacific Ocean. China is situated between the Siberian Steppes in the north and tropical jungles in the south. In the east there is a coastline about 4,000 km., (2,320 mi.) long. These natural barriers allowed the Chinese to develop their way of life without much interruption from outside.

MOUNTAINS

Mountains, which cover 66% of China's territory, are an important part of the landscape. Each range is different in size, shape, colour and texture. The Himalayas are high and snowcovered. Those in Xinjiang are cloaked in evergreen forests; in Guilin they are pinnacles of limestone. The most important mountain chains lie west to east and divide the country into different climatic regions. The mountains have also been a barrier to movement of people and goods north and south. This has caused natural regional and cultural boundaries.

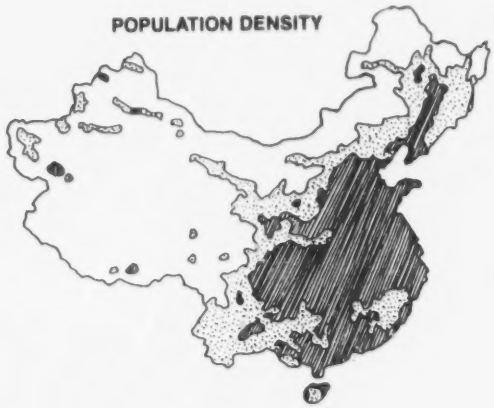


LIMESTONE PINNACLES - LI RIVER (GUILIN)

The mountains also play another big part in the lives of the Chinese people. The water draining from the mountain slopes has formed rivers.

The Huanghe (Yellow River), 4,800 km. (3,000 mi.) - called this because it is coloured yellow by the silt it carries with it - not very useful for transportation but its water is important to millions of farmers.
The Changjiang (Yangtse River), 6,300 km., (4,000 mi.) - the largest river in the world after the Nile and the Amazon - you can travel up this river by boat for almost a thousand miles (1,800 km.).
The Xi (The West River), 2,080 km. (1,700 mi.) - the lower part serves as an important transportation route.

Over the centuries China's rivers have often overflowed their banks, flooding the land and causing great hardship. This is no longer the problem it was as the government has many flood control programs.



With the rivers being used for irrigation, agriculture developed and so the population grew. Even today a large portion of the people live in the valleys and plains of these great rivers. The Changjiang valley, which makes up about 20% of China's total land area, is home to more than 300 million people.

Since rivers provide cheap and easy transportation, hydroelectric power and a place for waste disposal, industry has grown up in their basins as well. Wide plains, fertile soil, great rivers, and coastal harbours have enabled China to develop a high level of civilization.

MAP OF CHINA
U.S.S.R.
OUTER MONGOLIA
Khinghan Mountains
Altai Mountains
URUMQI
Gobi Desert
AFGHANISTAN
Palmir Mountains
GREAT WALL
Ordos Desert
BEIJING
KOREA
Tarim Basin
PAKISTAN
Huanghe R.
Yellow Sea
Himalayan Mountains
Sichuan Basin
NANJING
SHANGHAI
LHASA
WUHAN
Changjiang R.
BHUTAN
INDIA
Xi R.
TAIWAN
GUANGZHOU
BURMA
VIETNAM
China Sea
LAOS
Indian Ocean
Pacific Ocean

CLIMATE

China has a very wide range of climate from the freezing mountain areas in Tibet to the hot deserts of Xinjiang to the tropical monsoon areas in the south-east. The north often suffers from severe drought while the south-east coast may receive more than 2,000 mm. (780 in.) of rain in a year.

Usually January is the coldest month in China. In the far north the temperature drops to -20°C (-4°F), while in the south it may be a mild 8°C (48°F). The summer temperatures throughout the country aren't very different from each other. In July the country-wide average is 25°C (77°F), and the monsoon winds blow in from the Pacific Ocean bringing rain.

Although China has wide extremes of climate most of the country is temperate with four distinct seasons.

HISTORY

PEKING MAN

About half a million years ago a primitive type of human, known as Peking man, lived in caves on the plains of the Yellow River. These early people were always on the move to where they might find food - either seeds or fruits they could gather or game they could hunt.

Their clothing was made from animal skins and their tools and weapons were of stone. They are thought to be the ancestors of the many people who live today in China.

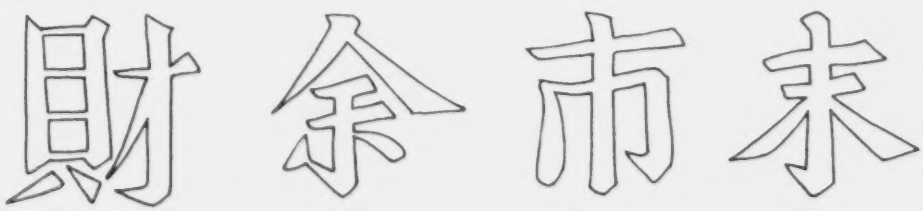
EARLY CIVILIZATION

However, the Chinese can actually trace their distinct civilization back about 4,000 years to the fertile yellow plains and river valleys. The farmers were irrigating the land to grow millet and rice while craftsmen were making beautiful yet useful articles from bronze, (a combination of copper and tin), pottery, wood, jade and silk.

It was about this time that the first Chinese kingdoms were formed. The emperor was always succeeded by someone from his family - as long as this was so, and no outsiders ruled, it was called a dynasty.

THE SHANG DYNASTY (APPROX. 1700 B.C. - 1100 B.C.)

One of the first dynasties was called the Shang. We know about these people because they invented a system of writing. They used picture drawings to form words. These pictures called pictographs gradually became the thousands of Chinese characters that exist today.



WEALTH　　I, ME　　APRON　　BRANCH, TWIG

THE QIN DYNASTY (221 B.C. - 207 B.C.)

Another important dynasty that came to power is the Qin (pronounced Chin), from which we probably got out name for China. By 221 B.C. China was divided into many small warring kingdoms. Qin Shi Huang conquered the states and formed a strong central government with himself as emperor - one of the most famous in history.

He ordered that the money of his newly unified country had to be in the form of round coins with square holes. Before this each small kingdom had its own coins shaped like knives or other objects. He also standardized Chinese writing as well as weights and measures so that everywhere in the kingdom these would all be the same. All books that did not agree with his ideas were burned.

Before Qin, different states had built walls to keep out the Mongol raiders from the north. Qin decided that all these walls should be linked together to form one long wall. To build such an enormous structure across wild and mountainous terrain without any modern equipment was a tremendous challenge. Thousands of men lifted the earth in buckets and, in teams, dragged the stones. Because they worked in remote areas where the weather was harsh, often there was not enough food or proper shelter. Consequently, thousands of workers died and were buried inside the wall. Known as the "world's longest cemetery", the Great Wall extends for about 2,400 km. (1,500 mi.) across the country. It is the only man-made structure on earth that can be seen from the moon.

The emperor Qin became so powerful he felt he should have control over nature as well as man. One mountain bothered him so much that he had all of the trees on it cut down and then had wide red stripes painted across it to show the mountain could be disciplined.

TERRA COTTA SOLDIERS - QIN DYNASTY

Before he died the emperor Qin planned to have himself buried with an entire army of 8,000 warriors, servants and horses. Only instead of the army being alive as they would have been in past dynasties, this army was made of lifesize terra-cotta (pottery) figures. Each soldier had a different face, expression, hairstyle and body exactly as they would have in real life.

THE HAN DYNASTY (206 B.C. - A.D. 220)

When the emperor Qin died in 210 B.C. a struggle for leadership broke out and the victor started the Han Dynasty. This dynasty took over a ready made empire and ruled for more than 400 years. It was during this time that paper was invented and the first paper money was circulated. The Han Dynasty also gave its name to the Chinese people. The people, traditionally known as Chinese, are the Han, who make up about 94% of China's population.

BRONZE FLYING HORSE - HAN DYNASTY

Under the Han rulers, government officials who administered the empire were chosen by their results in difficult examinations. Although people of any class were allowed to take the exams, only those whose families had money could afford the time and expense of long years of study to learn the thousands of characters found in the works of Confucius and other authors of classical literature. Those who passed the exams became mandarins and were highly thought of as administrators and scholars. Right up to this century, this select group helped govern China. Even the main dialect of China, Mandarin, is named after these officials.

THE TANG DYNASTY (618 - 906)

A long period of disorder followed the Hans. With the beginning of the Tang Dynasty in 618 A.D., China became the most powerful state in the world. The capital, located where Xian is today, had a population then of about one million. Foreign traders from south-east Asia, Persia, India and Arabia flocked to it. Classical painting flourished; arts such as music, dancing and theatre developed and the first delicate, white porcelains (a type of fine china) were manufactured. Gunpowder and printing from wood blocks were invented.

It was also during this time that one of the standards of female beauty was very tiny feet. During the Tang Dynasty, the custom of binding women's feet began. Girls of wealthy families had their feet bound, often from the time they were babies. After years of pain, when they reached their teens, their feet were still very small. This custom continued up until the revolution in 1911 when the government outlawed the practice.

It was also during the Tang Dynasty that the almost 2,000 km. (1,550 mi.) Grand Canal was built. Four million workers laboured on this waterway which linked the Changjiang (Yangtse) with the Huanghe (Yellow) River. The canal took 30 years to build. It became very important because the north, which was the political centre and often cold for much of the year, was very dependent on the south for supplies.

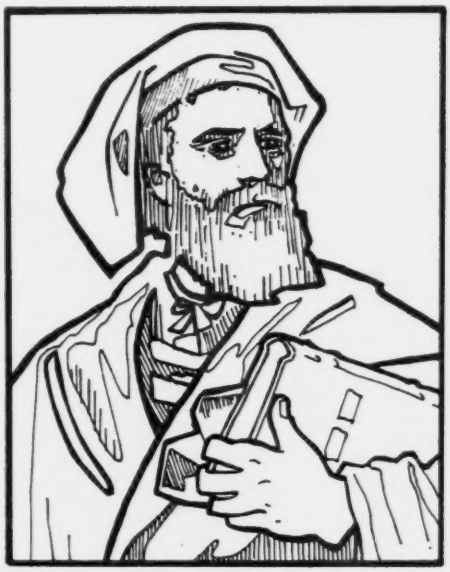
THE YUAN (MONGOL) DYNASTY (1279 - 1368)

North of China lay the sweeping grasslands of the Mongolian Plateau. This was the home of the Mongols who were fierce nomadic warriors. They wanted control over the fertile lands in northern China to graze their animals - sheep, goats, camels, oxen and horses.

About 1200 A.D. Genghis Khan, their leader, who had conquered much of Asia, added part of China to his empire. Kublai Khan, Genghis' grandson, conquered all of China and set himselt up as the first emperor of a new dynasty call the Yuan. This was the first time in history a "barbarian" had ruled over the Han Chinese.

It was during Kublai Khan's reign that Marco Polo came to China. Marco Polo was the son of an Italian merchant from Venice. He travelled to China when he was 17 in the year 1271. It took Marco's party three years to reach Beijing (Peking), which was where the Mongol capital was then. Kublai Khan welcomed them so that he could learn more about European culture. He gave Marco a position in his civil service in which Marco served for 17 years.

When Marco returned to Venice and wrote about his time in China, nobody believed his fantastic tales. He told of one city, Hangzhou, where luxuries were brought from all over Asia to be sold in the shops. There was also a multitude of specialty restaurants, taverns and tea houses. In the markets people could enjoy watching jugglers, acrobats, puppet shows, story-tellers and other entertainers.



MARCO POLO

KUBLAI KHAN

THE MING DYNASTY (1368 - 1644)

Soon after Kublai Khan died a Chinese rebel leader who had once been a Buddhist monk drove the Mongols out of China and declared himself emperor. He chose for his dynasty the name Ming, meaning brilliance.

After the overthrow of the Mongols, the Chinese were more than convinced of the superiority of their ways. They withdrew into "The Middle Kingdom" and showed no interest in the outside world, even though outsiders began to show more of an interest in them.

Europeans began arriving in China. However, to the Chinese, called the "Black Haired People", the westerners had strange features, were far too hairy; their noses seemed never-endingly long, and their hair was flaming bright like the demons in Buddhist hell. They called them the "Red Woolly People" and the government was not interested in trading with them, limiting their trade to only two ports. Those westerners who got permission to come to court had to "kowtow" - kneel and knock the ground with their forehead as a sign of respect.

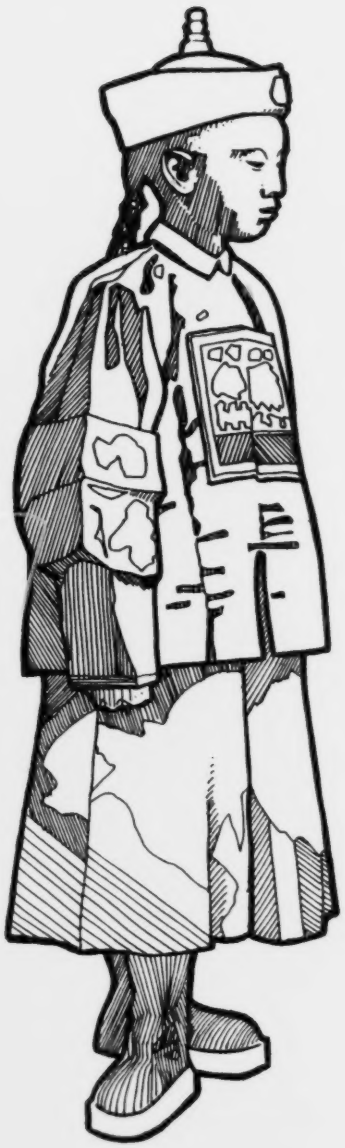
Even though the Chinese had invented gunpowder many years before, their guns and cannon were soon well behind European armaments. In the arts they excelled. Lacquer and an especially fine porcelain china, with blue and white designs, were valued crafts.

THE QING (MANCHU) DYNASTY (1644 - 1912)

The last Chinese dynasty, the Qing, took power in 1644. This was the second foreign dynasty to control the Han Chinese. This time it was a people called the Manchus who came from an area in the north called Manchuria.

The Manchus were already knowledgeable about Chinese culture. Before they conquered China they had governed their homeland using the Ming pattern. Chinese mandarins helped them rule China in the usual Confucian manner. (Described in the Han Dynasty section.)

The Manchus, though, tried to segregate themselves, forbidding the Chinese to marry into their families. They also tried to impose their customs on the Chinese. All Chinese males had to braid their long hair into a pigtail to show their loyalty to the Manchus. Some Chinese who did not approve of the new rulers would wear a pointed straw hat with a false pigtail attached to the back.



BOY EMPEROR – P'U YI (MANCHU DYNASTY)

EMPRESS DOWAGER – TZU-HSI (MANCHU DYNASTY)

IMPERIALISM

About 1700, people in Europe began to develop a taste for China's exotic products such as tea, silk and porcelain (china). Tea had become a very popular drink in Britain and the British disliked having to pay in silver for the huge amounts of tea that they bought. They needed a product they could sell to the Chinese in return for the goods they were buying.

Eventually, they came up with selling opium, a drug from the opium poppy, which was grown in India, a country ruled by the British. Many Chinese people became addicted to opium. Over a period of about forty years, the amount of opium sold to China increased from 5,000 chests of 60 kilos (133 lbs.) each to 40,000 chests in 1838. This not only paid for the tea and silk the British wanted but also earned them large amounts of silver.

China began to suffer from a silver shortage, and the emperor passed a law against the use of opium. The merchants smuggled it in anyway. Then one of the Chinese governors took 20,000 chests of the British opium, mixed it with the chemical lime and washed it into the harbour. This action led to the Opium War between Britain and China.

When the fighting was over the British gained the crown colony of Hong Kong which was then a barren island. They were also given the right to trade at five of China's ports, one of which was Shanghai.

Soon many other western nations flocked to China to take advantage of her weakened position. They forced her to agree to many unequal treaties because their own military strength was much greater than hers. The traders and missionaries brought with them western ways and ideas.

THE TAIPING REBELLION (1850 - 1864)

Many Chinese were unhappy with the government - one of the reasons being that it was so weak in dealing with foreigners. The people began to rebel against Manchu rule. From 1850 to 1865 the Taiping Rebellion took place. It was led by a man who had been converted to Christianity by the missionaries. The government, with the help of foreign armies, finally defeated the rebels. As a result of this uprising 20 million people were killed.

THE BOXER REBELLION (1900)

Another rebellion took place in 1898. This time it was directed against the "foreign devils" and the Chinese who had become Christians. The struggle was called the Boxer Rebellion. The Boxers did not succeed in driving the foreigners out of China. Instead they were defeated by the foreign powers - many European nations, as well as the U.S. and Japan.

CHINA BECOMES A REPUBLIC (1912)

SUN YAT-SEN

CHIANG KAI-SHEK

In 1911, revolution broke out and Manchu rule ended. Sun Yat-sen, a leader of the revolution, became first president of the Republic of China. Dr. Sun was also leader of the Nationalist political party called the Kuomintang. He had many ideas to reform China:

- Force the foreigners to leave China.
- Educate the people so they could take part in a democracy.
- Change the economic system by giving the peasants land.
- Start new industries.

However, Dr. Sun's goals were difficult to accomplish. Powerful warlords had taken control of large parts of China. They made the people pay heavy taxes and they were always fighting to gain more territory. Life was difficult for the average Chinese. In addition to the fighting, floods, droughts, and earthquakes brought famine and death. Bandits roamed the countryside, burning, stealing and raping.

At Sun Yat-Sen's death in 1925, Chiang Kai-Shek became leader of the Kuomintang. He knew his armies could not defeat the warlords by themselves so he joined forces with the Communist party who also wanted to gain control of the government. The Communists now controlled large areas in the south of China where they had been helping the peasants take over the land and work it together.

Chiang eventually turned his armies against the Communists. When this happened Mao Zedong, who was one of the original members of the Communist party, took his guerrilla forces called the People's Liberation Army or the "Red Army" into the countryside of southern China. Chiang was determined to destroy this army which consisted of peasants and workers.

Mao wanted the peasants to see the army as their own so he laid down eight rules the men had to follow:

1. Speak politely.
2. Pay fairly for what you buy.
3. Return anything you borrow.
4. Pay for everything you damage.
5. Don't strike or swear at people.
6. Don't damage crops.
7. Don't take liberties with women.
8. Don't ill-treat captives.

To escape Chiang, Mao led his army on the "Long March". It took them a year to cover the 12,800 km. (8,000 mi.), crossing rugged mountains, windy plains and dangerous swamps. Many died of hunger or disease or were killed by the Kuomintang. Although more than 100,000 people took part in the Long March, only about 20,000 finished.

When the Communists reached their destination on the northern border of China, they lived in "cave homes" carved into sides of cliffs at ground level. During the thirteen years they lived there, they built a strong peasant army, started schools and planned for the future of China as a Communist state.

By the beginning of World War II in 1939, Japan occupied most of Eastern China, forcing the government and much of the population to move from the east into the middle of the country.

MAO ZEDONG

When the war ended with Japan's defeat in 1945, Chiang once again turned on the People's Liberation Army. The Nationalists (Kuomintang) received very little support from the peasants because they did almost nothing to help the difficult conditions of the ordinary people.

Eventually the Red Army forced Chiang Kai-shek and the Nationalist government to retreat to the island of Taiwan, about 160 km. (100 mi.) off the coast of China.

On October 1, 1949, Mao Zedong proclaimed the establishment of the People's Republic of China in the capital of Peking (now Beijing).

COMMUNIST CHINA (1949)

After the Communist party came to power, improvements began to show in many areas of Chinese life - these included - food supply, housing, health, literacy and the situation of women.

By the late 1950's, Mao felt the people would be so pleased with their improved situation that they should be allowed freedom to express their thoughts. He launched "The Hundred Flowers Campaign". However, it brought mainly criticism, which took the form of big wall posters in public places. The invitation to speak out was withdrawn and many critics were put in prison, or made to move to the frontier regions.

Every five years the government set out new goals for the country to meet. The second five year plan, which began in 1958, was called the Great Leap Forward. One of the most important goals of this plan was to increase the amount of steel produced.

The government asked the peasants to produce steel by hand, smelting iron ore in back yard furnaces in their spare time. However, the quality of their product was only good enough for a few kinds of farm implements.

Also the weather brought farming disasters three years in a row and China came close to its first serious famine since the revolution.

Eventually, through careful planning and people working together, prosperity returned to the land.

Despite the recovery, Chairman Mao thought the old spirit of dedication and service that made the revolution successful was dying out. When he felt there was no longer equality between the peasants and other members of society he began the Cultural Revolution. He chose the students whom he organized into the Red Guards to lead it. Instead of guns, this revolution was to be fought with propaganda slogans, demonstrations and personal sacrifices.

Mao's effort to bring back the early days of classless society got out of hand. The Red Guards attacked party officials, scientists, university professors, anyone in the arts, - musicians, artists, and writers - as well as ordinary people whom they called "class enemies". Thousands were killed. Schools were closed down. Farming and industry were disrupted.

MEMBERS OF THE RED GUARD

To restore order the campaign was stopped and millions of the Red Guards were sent home or to remote communes to work. It took two years for the People's Liberation Army to quiet the unrest.

Mao's wife, Jiang Qing, and three other colleagues, took advantage of the Cultural Revolution to try to smother all efforts to modernize China. The Gang of Four as the group was called banned all Western music, art and literature.

In 1976, Mao's death meant the downfall of the Gang. They were arrested and tried. Jiang Qing was given a suspended death sentence.

In the previous year, Premier Zhou Enlai - China's guiding force toward modernization, died. However, he led the way toward China's newest policy called the "Four Modernizations". Now China is working toward modernization in the areas of agriculture, industry, science and technology, and defence.

GOVERNMENT

In Canada we have many political parties. The party in power is elected by the people of Canada. The runner-up in the election is called the Opposition. These parties form the parliament or government of Canada.

In China, there is only one party that gets elected to form their government or congress. This party is called the Communist Party of China. It was founded in 1921 with a membership of 70. By 1979, the membership had increased to 36,000,000 people. The people of China elect party members to represent them in the National People's Congress and the many local people's congresses that exist at various levels. Other small parties exist in China but have never formed the government. They do however, have representatives elected as deputies to the people's congresses or hold posts in different departments.

The executive head of the government of China is called the State Council, which is like the Cabinet of Canada's government. The Council is headed by the Premier, who from 1949 to 1976 was Zhou Enlai. There are also Vice Premiers, the Secretary-General and the ministers who are in charge of the different ministries and commissions.

Each province, autonomous region, or municipality in China is divided into smaller units of government. These represent the people on a more local level. Most of these units of local government are led by Communist party members. Responsible leaders known as cadres are found in all farm communities, factories, offices, schools and city neighbourhoods. They have jobs the same as other workers but they also show the others how to put government policy into practice. As well they help the workers to develop and put into practice their own ideas on how to further the four modernizations.

China has a system of courts to judge people accused of breaking the law. In these people's courts the accused has a right to defense either by a lawyer, a relative, or a citizen approved by the court. The Chinese, though, often prefer to settle disputes by discussing the problem out of court rather than holding a trial. Many problems that would be taken to court in our country are worked out with the help of friends or neighbourhood committees.

RELIGION

From 1949 to 1978 Communism took the place of religion for the Chinese people. Mao was like a spiritual leader. His little Red Book became as precious to the Chinese as the Bible to the Christians or the Koran to the Moslems. The hymns were political songs such as "The East is Red". The cadres were the missionaries taking Mao's message to the people.

Since 1979 and in the new constitution, conventional religious practises have been allowed. However, they are still not encouraged by the party.

Three of the great ancient religions, Buddhism, Taoism and Confucianism have left their mark on Chinese history and thought. Remnants of the three old religions remain.

TAOISM

One of China's three most important ancient religions is Taoism. It takes its name from the Chinese word Tao, meaning "The Way". One of its main teachers was thought to be Lao Tzu who was born about 600 years before Christ, though it is now doubted he ever lived.

Taoism teaches that man is happiest living naturally. Society forces man to follow rules which are not natural. This results in suffering and problems. To escape from this unhappiness, man should free himself from all the rules that are forced on him by society. He must find the Tao or the Way of the Universe.

Taoists were especially interested in living longer both in one's life on earth and by being immortal following death. They believed that there was a lighter spirit that continued after death. They tried to encourage the lighter part of their lives by breathing light air such as the morning mist in springtime and eating only the lightest foods such as some vegetables and flowers.

Taoists were most famous for alchemy - the melting of metals - to discover a substance which would let them live forever. This practise of alchemy was thought to bring the Taoists closer to the spiritual world. Taoists were called on to choose a lucky day for weddings and funerals. When people wanted to build a new house or other building they called on a Taoist professional to pick the site.

Taoism had a big influence on the Chinese people and their culture. However, this religion lost most of its power in China when in the 1930's their leader was dispossessed by the Nationalist Government.

CONFUCIANISM

Confucianism was both a religion and a set of rules for people to follow in their everyday lives. It is named after Kung Fu-tzu, known as Confucius in the west, who lived in China more than 2,500 years ago.

According to Confucius each person had a particular place in society and certain duties they had to do. He thought that if people knew what was expected of them, in their behavior with others, they would act accordingly.

CONFUCIUS

He set up rules for behavior between:

1. A ruler and his subjects - Rulers should be wise and honest to set a good example for their subjects. Citizens should obey their rulers as children obey their parents.
2. Father and son.
3. Elder brother and younger brother.
4. Husband and wife.
5. Friend and friend.

In all except the last, one person is in authority over another. Each person had to give obedience and respect to his "superior" who in return had to give loving care to his "inferior".

For two thousand years Confucianism was the official philosophy of China. The only way a person could get an important position in the government was by having a good knowledge of the writings of Confucius.

But Confucianism was more than just living a good life following certain rules of right and wrong. Confucians believed that people who lived as they should took part in a harmony between heaven and earth. By living in harmony they were related to powers beyond them which gave meaning to human life.

When Confucianism became official in China, religious ceremonies such as sacrifices and rituals were brought into it. Confucious, together with his ancestors and followers came to be worshipped, and Confucian temples were built all over China.

BUDDHISM

How can a drop of water be prevented from ever drying up? Buddha's answer: "by throwing it into the sea".

Buddhism originated in India in 500 B.C. from the experience of "enlightenment" by Gautama, son of a ruler in north India. Called "Buddha", meaning "Awakened One", he began to preach "Dharma" - an explanation of how things really exist, not as they are seen by our ordinary minds with our every day thought-habits.

He taught that all people can see this reality, in a state of enlightenment, if they follow his "path of liberation". To do this, they must practice the "Six Perfections". These are: giving, morality, patience, religious enthusiasm, concentration, and wisdom through meditation. By doing this, they themselves will be freed from the sufferings of humankind, thus making it possible to enter nirvana.

When the famous Indian Buddhist teacher Bodhidharma came to China around 520 A.D., he introduced a newer form of Buddhism, based on meditation known as Ch'an Buddhism, which led to the development of the now popular Zen Buddhism.

Chinese Buddhism was most prosperous and creative between 500 - 800 B.C., and was an integral part of national and everyday life. P'ang-Yum said "spirit-like understanding ... lies in carrying water and chopping wood".

However, the prosperity of the monasteries threatened China's economy by attracting people away from the working fields and by requiring large amounts of money for monastery architecture. In 845, there was a great persecution and the government seized monasteries and forced monks back to "normal" life.

A BUDDHIST MONK

Buddhism has been a cultural factor of great importance in China. Its influence on art was considerable and aspects of it were adopted by other religions, as in the "ching-tso" or "quiet sitting" of Confucianism.

From about 1,000 A.D. onward, the three religions of Confucianism, Taoism and Buddhism largely merged into the Popular Religion which has affected all areas of life in China and has been the religion of the majority of Chinese for 700 years. However, although the three religions are now largely of historic significance, still millions of present-day adherents to each may be found. The popular religion still embodies Confucian ethics, Buddhist belief in reincarnation, and Taoist supreme deity, saints and heroes, belief in divination - as in the I Ching (pronounced Yee Jing), magic and sorcery.

ANCESTOR WORSHIP

The most followed of all Chinese religions was ancestor worship. It was practised by all Chinese even though they may have had another religion, such as Buddhism or Christianity.

Ancestor worship was practised by all classes of society throughout the whole country. They believed the living could communicate with the dead.

Most Chinese homes have some shelves set into a wall. On these would be placed the wooden ancestral tablets. Each tablet had the name and title of an ancestor written on it. On the first and fifteenth day of the month, incense would be burned and candles lit in front of the tablets. On special occasions, food was offered. The graves of the ancestors were also kept swept.

The Chinese state is trying to do away with the practise of ancestor worship. Cremations are paid for by the state, whereas burials are at the expense of the family of the person who died.

However, there is evidence that some graves are still being swept.

ISLAM

The people who believe in the Islamic religion are called Moslems. This religion was born in the Middle East - Mecca in Saudi Arabia is its spiritual capital. However, there are more Moslems in China than live in any Middle Eastern country - some 13 million of them.

China's Moslems are descendants of Arabs who came to China centuries ago.

The Islamic religion has been treated more favourably than China's other religions because many of the national minorities in China believe in Islam. The Moslem communities have strongly fought against government control of their faith. If the government had tried to take over the land belonging to the mosques (places of Moslem worship) there would have been the possiblity of armed rebellion. Moslem schools, however, are under the control of the government.

As long as the Chinese government wants to have good relations with the Islamic governments of the world, it is likely the Islamic peoples of China will be allowed to practice their faith in peace.

CHRISTIANITY

The Time: September 2, 1979
The Place: The Mo En Church in Shanghai
The Event: This was the first time in thirteen years Chinese Christians had been able to hold an official church service in China.

More than a thousand Chinese filled the church to worship. This event set off a chain reaction. Churches which had been used for many decades as warehouses, factories and schools began to reopen for Christian services across China. Many pastors were released from work camps to lead these congregations.

Christianity had been an influence in China off and on since A.D. 635, during the Tang Dynasty when the Nestorians came to China from the Middle East. But by the end of the Tang Dynasty all traces of Christianity had disappeared.

The Franciscan Monks had their turn in the fourteenth century under the Mongols. Matteo Ricci (1552-1610) who was a Jesuit followed. He left his native Italy to come to China at quite a young age. Father Ricci adapted himself to the Chinese way of life and became very interested in Chinese classical literature. He taught astronomy and mathematics along with his faith. But at the end of the Mongol era, Christianity again disappeared.

Robert Morrison, the first protestant missionary, arrived in 1807 and after seven years made his first convert. By 1926, more than 8,000 protestant missionaries were working in China.

Then after the 1949 revolution everything changed. Within four years all missionaries had either left China, were in jail or under house arrest. Christianity once again came to an end until it was recently born again at the Mo En, Shanghai.

RURAL LIFE

Within the borders of China lives about one quarter of the world's population. How to feed all these people has been China's biggest problem.

Four out of five Chinese live on the land where the food is produced. Let's look at how the organization of the rural areas has changed over the years in order to cope with China's growing food needs.

A RURAL COMMUNITY

In the early twentieth century many farmers owned and farmed their own small farms. But there were also many large landowners who rented out their land and also hired peasants to farm it for them while they lived lavishly in the cities.

Starting in the 1920's the communists under Mao Zedong began to help smaller farmers co-operate with each other in order to produce more. At first farm families were organized to come together and help each other during the busy seasons such as planting and harvesting times.

Later the party helped the farmers organize themselves into co-operatives. The farmers who belonged to them put up the land they owned together with their crop seeds and work animals such as donkeys and oxen. They worked their small farms together as if they were one big farm. In this way they were able to cultivate the land to produce a larger crop. The harvest was then divided among the members according to the number of hours they worked.

After the 1949 Revolution - these changes, which had taken place in various parts of the country now became nationwide. Most of the land was taken away from the landlords and given to landless peasants so they would all have an equal share.

Gradually more and more farmers were brought together to form bigger and bigger groups called collectives, which eventually became communes.

Rural communities in China take many forms. No two are alike. They are large and small, rich and poor. In every region in China the communities have their own style of house. In some parts of the south which is tropical, houses are often made with walls and floor of split bamboo or brick with roofs of many coloured tiles. In the Loess Mountains, homes are dug into cliff sides, while further north the people live in yurts - felt tents on wooden frames. These can be taken down easily and moved to new pastures.

Each community must be able to support and defend itself so that it could survive in case of war or disaster.

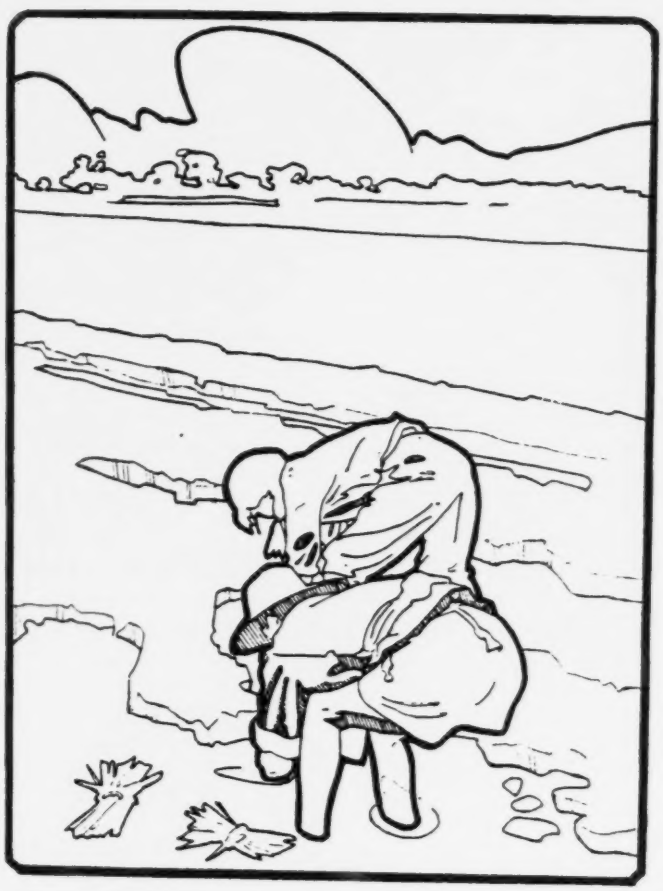
In these communities people work, live, have their children, educate and raise them, retire, grow old and die.

The peasants always had to work very hard and all communes were governed the same way even though they were different sizes and had different types of land and climate. This caused problems. Gradually the peasants became discouraged and stopped producing as much as they were expected to.

Since 1979, the government has encouraged the rural areas to "become rich". In 1981, the Family Responsibility System was introduced. Even though the land is still controlled by the government, it has been divided up and given to families according to their size. The government now contracts with the family for a certain amount of produce. The family must sell this amount to the government but the surplus can be sold on the free market at a higher price. Before, everybody worked for the same number of hours. Now people can work as hard as they want to as long as they can grow enough to fill the government contract. Most work much harder.

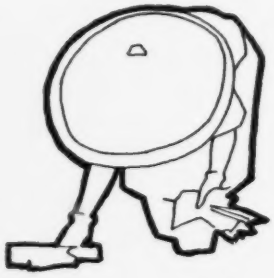
Using this system, China can now feed itself and the farmers are becoming richer. Some are now even buying cars - (private ownership of cars was not allowed until recently). They sometimes donate money to build roads and schools. Large hotels, theatres, ballrooms and skating arenas are springing up in the countryside, built by the peasant farmers. Nobody in China pays income tax so the extra money people earn is theirs.

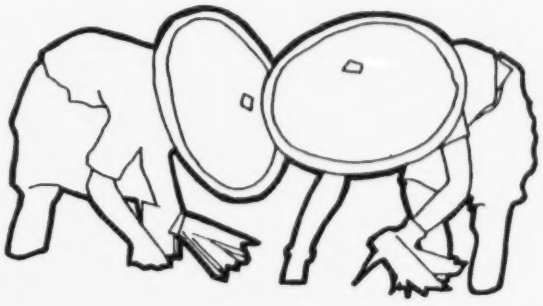
Despite these new moves, people are still working together mainly for the good of the community or family rather than for themselves.



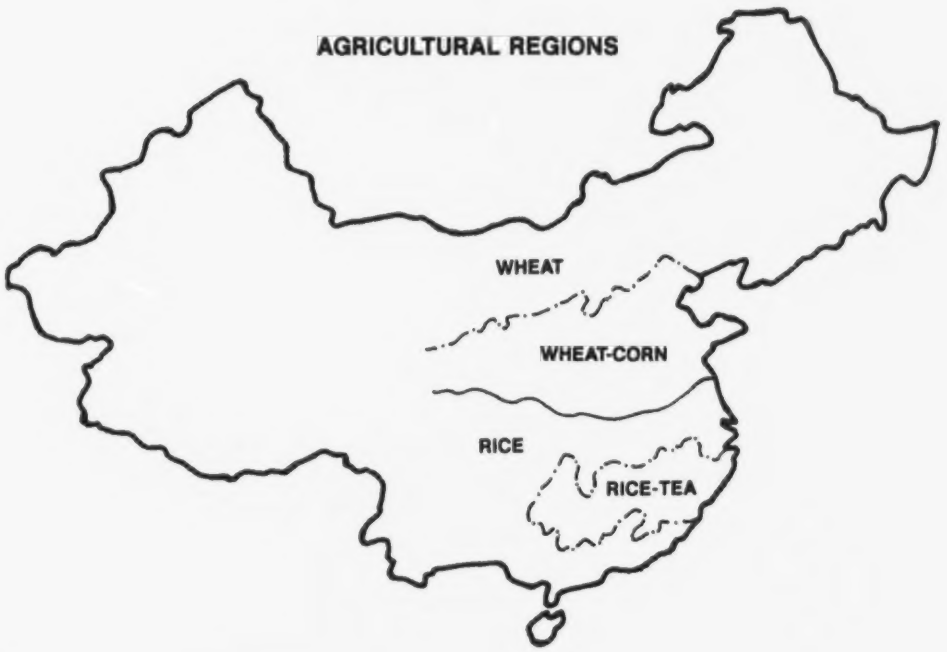
AGRICULTURE

Agriculture or farming has always been China's most important activity and it is even more important today as China has so many people to feed. Although China is almost as large as Canada, it does not have very much land that is useful for growing food. With so many mountains and deserts, only 13% of its land is "arable" (suitable for food production), most of which is being used right now. If we consider that China has about 1/4 of the world's population, but only 1/14 of the world's arable land, then we can see why agriculture needs so much attention.





In the past disasters in agriculture - such as floods and droughts - have resulted in many people starving to death. What are the causes of these disasters? There are three things that shape China's agriculture: the topography (the shape of the land), the climate, and the river systems. If we could look at China from the side, we would see that it almost looks like three steps from the Himalayan Mountains in the west to the Pacific Ocean in the east. The first level is very high and mountainous so not many people live here, and few crops can be grown here. The second step is the largest and includes most of the plains and deserts of China. The third step is where most of the people live and where most of the agriculture takes place. The Quiling mountain range divides this last region into north and south sections. Within each section different climates, and therefore different crops occur.



Because China is so big and because the land varies so much, its climate changes from tropical in the southeast to frigid in the northeast and northwest. Most of the rain falls from April to September, and it usually falls on the coastal regions and the southeast. As the monsoon winds move over the many mountains, the winds can bring torrential downpours to some areas and none to others. In the south this abundance of water is useful in the growing of many types of crops. In central China heavy rain causes the large rivers to overflow so that dikes are broken and silt is left along their banks. The Huanghe carries 2.26 lbs (1 kg.) of silt per cubic foot, making it the muddiest river in the world. It has flooded many times and in some places the bank built up by the silt is several feet high. The water from the river, unless it is cleaned, cannot be used to water crops as the silt would soon clog up the irrigation pipes.

The Zhujiaing, or Pearl River, in southern China is more helpful to farmers. Its water is used to grow rice and many tropical fruits such as bananas, oranges, papayas, and dates. Right in the river, crops of water chestnuts and lily roots are grown. Fish farms provide some of the fish so famous in Cantonese cooking. There are even duck and goose farms on the river.

Rice is the largest crop of China and it is mostly grown in the southern regions. Where there is a lot of water available, it is grown in "paddies", or sectioned fields that are purposefully flooded. In drier and more mountainous regions rice is grown on the side of hills that are "terraced" or shaped to form "steps" to provide flat growing areas. In the northern regions wheat is the most important crop. Other major crops are maize (corn), sorghum, millet, and soybean. All these major food crops take up most of the farmed land. The rest of the farmed land is used to grow "industrial" crops, or the crops that are not eaten, but used to make other things. These crops are cotton, tea, and tobacco.

Chinese farmers do not raise many cows for either beef or dairy products. One reason is that rangelands are very far from the populated areas. In the past the railroad system was very poor and there were no refrigerated cars to keep the meat fresh for such a long trip. There is not enough room in the populated areas, however, for both crops and cattle. Pigs, therefore, are the best livestock to raise. They take up less space, and can benefit the farmer in two ways. Swine can be fed spoiled crops or other food "waste", and in turn provide a very good organic fertilizer.

One unusual type of "livestock" is the silkworm. The raising of worms to produce silk is a special kind of agriculture called "sericulture".

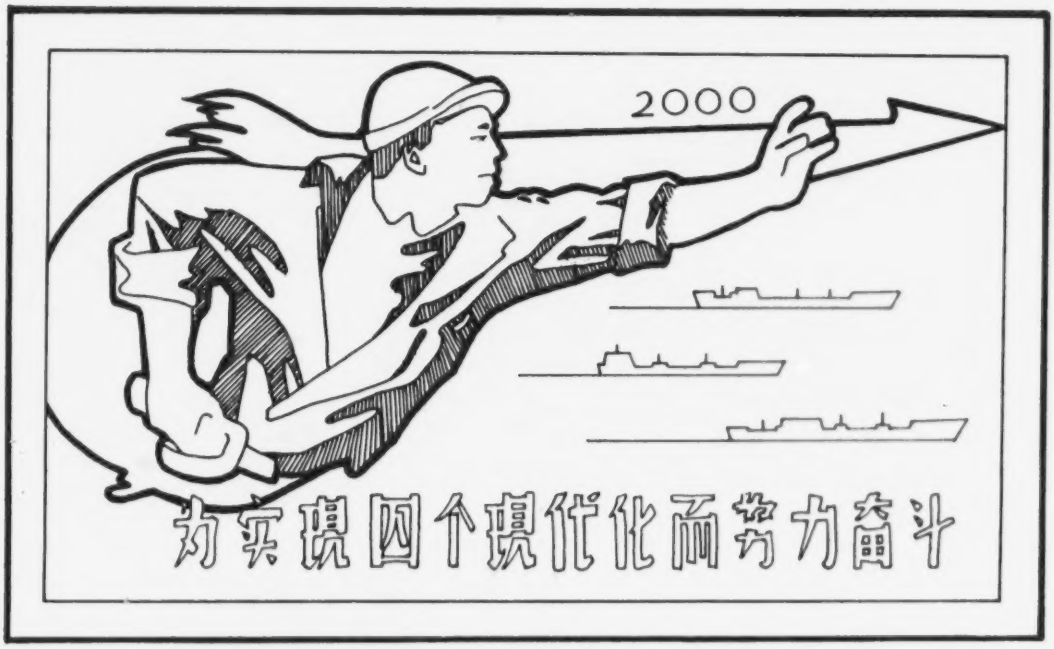
People in China now have enough to eat, but feeding everyone will be a problem again as the population grows. Almost all the arable land is being used now so the extra food must come from increased yields on the present land instead of starting farms on new land. There are several important factors to consider. There will not be enough organic fertilizer. The water from rainfall and the river must be carefully controlled and used. More machines, like tractors and pumps may have to be used. It will be necessary to find stronger and faster-growing types of rice and wheat. The rural areas need enough energy to run machines and mills. Solving these difficulties will be very important in helping provide more food for China.

INDUSTRY

The Chinese government is striving to meet the needs of the people. It would be much too expensive to import all the things the people want from other countries.

Therefore, through a well-thought-out industrial program, China is trying to become self-reliant. This policy is called "walking on two legs". One leg is large factories in big cities using modern technology. The other leg is small industries found from one end of the country to the other in rural communes.

Small industries have many advantages. Some are: they do not need huge amounts of money to begin; instead of expensive machinery, many people can do the work; if products are made in the area where they will be used, transportation costs are lower; small industries may make use of materials that might ordinarily be ignored; it helps the local people to develop skills they might otherwise never have, and it helps the rural people work together toward modernizing their country.



POLITICAL POSTER ENCOURAGING THE FOUR MODERNIZATIONS

Rural industries often produce what are called the "five smalls" - cement, electric power, chemical fertilizers, iron and steel, and farming equipment. These industries may not seem very small but they produce the things needed for developing the countryside. Other goods made in these rural factories might include textiles (fabrics), clothing, processed food, furniture, utensils and soap.

For China's billion people large quantities of things are needed. Producing them is a task far beyond village industry. In large city factories, China manufactures bicycles, watches, sewing machines, electric fans, T.V. sets and cameras.

The country has a large iron and steel industry as well as oil fields and refineries and petrochemical plants. It also makes its own cars, trucks, tractors, elevators, electrical equipment and machinery.

The Chinese government is encouraging new ways for the people to raise their own standard of living. The responsibility system which has been so successful in the countryside is now being used in service industries. People without regular jobs are given training, bank loans and other help to start their own businesses. Some of these include simple restaurants, street vending, barbers, tailors and shoe repair. No privately owned businesses, however, can have employees from whose labour the owner would gain unreasonable profit. Trade unions have the right to strike when conditions are hazardous. However, strikes for higher wages are forbidden.

Nations such as Japan, the U.S. and Canada and those in the European Economic Community see China, as a "market with hundreds of millions of customers". Thousands of foreign business men come to China each year for both imports and exports.

To make more rapid progress, China now imports whole factories from western nations and Japan. China's goal is to allow its workers to have a comfortable life by the year 2000. To achieve this Chinese workers are encouraged in their efforts to work harder and modernize their industries.

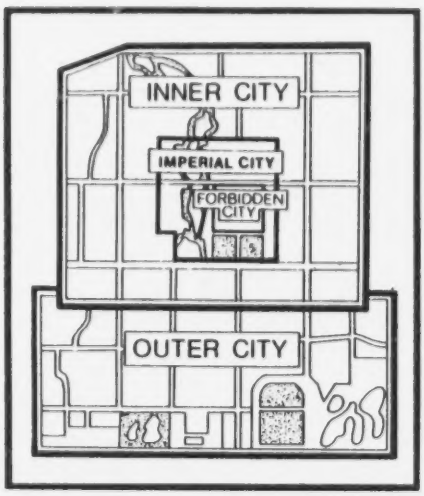
CITIES

BEIJING (PEKING)

If you arrived in Beijing from your country by plane you might be surprised at how modern and efficient the city's airport is. However, if you come by train you will get an entirely different view. The station is an ornate yellow building topped with green tiles, Chinese turrets and a big clock. As you spill out of the station you are in the bustle of the city centre. Here you will see people with bundles watching and waiting, long lineups of patient people waiting for the buses - a row of three-wheeled taxis.

Beijing does not have the most ideal climate - it is extremely hot in the summer, frigid in winter, with very short autumn and spring. Also there is too much dust for much of the year for the comfort of the people.

Winter lasts five months from November to March and temperatures are often at -6° C (20° F) and sometimes well below -20° C (0° F). Some of the new apartments have central heating but most homes are warmed by iron stoves, burning pressed coal dust. Household temperatures are often at a level North Americans would find too cold. Outer clothing is often worn in the house.



MAP OF BEIJING (PEKING)

TEMPLE OF HEAVEN (TIEN TAN)

Although there are tall apartment blocks along the main boulevards, mainly the city stretches for kilometer after kilometer of alleyways. Opening onto these alleys are old-style houses, each with a courtyard surrounded by a wall, behind which family life takes place. Perhaps if you are walking down one of these narrow alleys a door in one of the walls might be left open. Then you might see someone doing their washing or preparing vegetables.

Most people in Beijing do their everyday shopping in the neighbourhood stores and open-air food markets. But there are about a dozen or so department stores – many storied buildings with names like Hundred Goods Emporium.

Nearly all goods for sale are made in China and 80% are produced in Beijing itself. Because little attempt is made to advertise goods, there is no eye-catching packaging or attractive displays. Stores are rather like supply depots.

Sales clerks usually ring up sales on abacuses instead of cash registers. Stores stay open from 9:00 a.m. to 7:00 p.m., seven days a week.

Beijing is divided into two main parts - the Inner City and the Outer City. When the Manchus ruled China, the Outer City was the part of Beijing where the Han Chinese lived. The Manchus lived in the Inner City.

A high red wall surrounds one part of the Inner City called the Imperial City. It was here the government offices of the Chinese empire were located. Today this is where you will find the homes and offices of the Communist leaders. Here also are three artificial lakes. Along their shores are beautiful old palaces and temples.

Finally we enter the Forbidden City. For more than 500 years China was ruled from here. This is where China's emperors used to live. Ordinary people were not allowed to come here, but now the Forbidden City is a public museum.

Nowadays, Beijing is an important industrial centre with enormous steel, petrochemical and textile plants as well as many hundreds of smaller factories.

Although industry causes a lot of pollution in Beijing - the streets are kept scrupulously clean. This is mainly because of fear of disease - litter is thought to be a source of infection.

SHANGHAI

Now from Beijing let's go to Shanghai. We will travel about 1,120 kilometers southeast by plane. A direct flight will take about one and a half hours.

As we fly over Shanghai you will see tall European-style buildings along the river. Beyond that is kilometer after kilometer of low buildings which make up small apartments, offices, shops and outdoor markets. Further out from the center are industrial areas with factories surrounded by worker's apartment blocks. It is Shanghai's more than 8,000 factories that make it one of the most polluted cities in the world. On the outskirts of this metropolis you will see the green fields of what were agricultural communes. Now these are mainly family farms as communes are decreasing in number and importance. These farms supply fresh vegetables, grains, pork and other foods to the city.

If your visit is during your summer holidays in July, when you get off the plane, the temperature may be as high as 30°C (90°F). If you go in January the temperature could even be at the freezing point.

About 12 million people live in Shanghai. It is China's largest port and one of the biggest in the world. The city we see today is very different from the city that was known to the foreigners - the Russians, British, Americans, Dutch, etc., who lived here before the 1949 revolution. Then Shanghai was the Paris of Asia.

The 60,000 foreigners who lived here were protected by a multinational army. They enjoyed fine restaurants, opium dens, gambling halls and were able to buy the finest silks and furs. It was not difficult for foreigners to make a fortune here and many built beautiful homes. Shanghai was also a haven for receivers of stolen goods, black marketers and international criminals. Many Chinese were "shanghaied"- drugged and taken off to other countries where they would be sold as servants to work on a ship or to work for wealthy people in New York or Southeast Asia.

Although many foreigners enjoyed wealth in this time most Chinese lived in great poverty. When the Communist Party was formed in 1921 in Shanghai, many of the workers and intellectuals supported them and fought alongside the communists until they were successful in 1949.

Now Shanghai is the most prosperous city in China. Its racetrack of days gone by has become a park, the golf course a zoo and the villas of the rich are now children's palaces (see page 58). Now instead of industrialists and entrepreneurs, the only foreigners you will meet are students, tourists and visiting businessmen. You will also see Shanghai's women making up a large portion of the work force including welders, carpenters and crane operators.

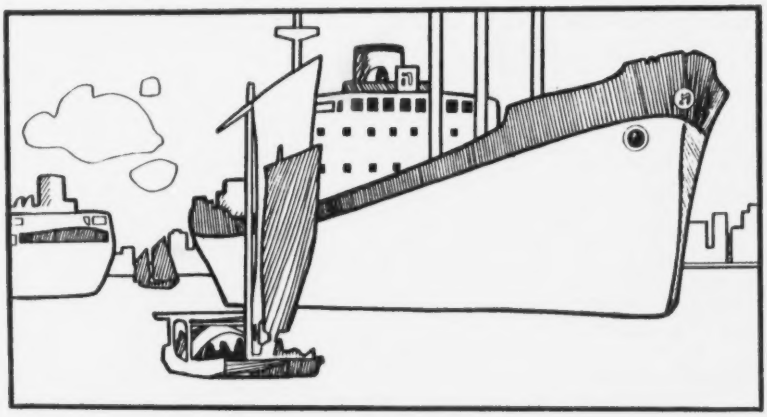
No matter where you are staying in Shanghai, you will be wakened (at 6:00 a.m.) by citizens on their way to work. Most people are up and busy at this time of day. Senior citizens go through the slow motion exercises of tai-ji in the park. There are crowds of people wherever you look. Some gather around a child doing acrobatics and others hold discussions, perhaps about the cost of vegetables.

In Shanghai, there are many young people who are unemployed. There is no welfare system for the jobless young. An unemployed person probably has to live off relatives.

To a greater extent than Beijing, all the stores in Shanghai are filled with goods and people can spend hours window — shopping, gazing at imaginative displays in confectionery shops, fabric stores, children's clothing and toy stores, drugstores and bookstores as well as China's largest department stores.

Also the people of China's largest city tend to be better dressed and more clothes conscious than in other parts of China.

Now you have visited Shanghai. It is easy to remember why it is one of the most famous cities in the world.



SHANGHAI HARBOUR

WORK UNIT

There are approximately 24 cities in China with a population of more than one million. Each of these cities has its share of large factories.

Nowadays, planned housing units and workers' communities are centered around factories.

Housing is provided within easy walking or biking distance. People live in large apartment blocks, though in some large cities like Shanghai, town houses are provided. Many factories have dormitories where single workers can rent rooms which are shared with one or two other employees.

These communities also provide a full range of services: schools, health clinics or small hospitals, day care centres, shopping centres for vegetables or other foods, clothing and household equipment and so on. There is also sometimes a movie theatre or a savings bank. Parks and recreational facilities such as a swimming pool and basketball courts are nearby. Each factory runs a canteen where workers can get inexpensive meals.

Working people earn enough so that saving is sometimes possible, especially when all adult members of the family work. Older people, who still normally live with their children receive a pension which is 70 - 90% of what they earned when they worked. This extra income helps with household expenses. As well, grandparents shop, cook, and look after the children.

Each of these workers' communities also has a neighborhood committee of volunteer workers, who are often retired people. They arrange programs for older people and children. When there are disputes in the community - whether within a family, or between neighbours, the committee steps in and encourages the parties to come to an agreement. In this way many disputes are taken care of outside the law courts. The committee also pressures couples to have only one child.

The committee members hold meetings about twice a week. At a meeting the audience may hear a lecture about illnesses caused by germs that breed in dirt. The lecture ends with an appeal to clean up homes and the neighbourhood. In the following weeks committee members then go around inspecting households, work places, schools and restaurants to check to see if they are clean.

The community is really like a large extended family. Because the people know each other and know what each other is doing, there is very little crime. Also a deep sense of community is felt in the neighbourhood.

HOUSING

Most North Americans would find Chinese housing more cramped than what they are used to. In the U.S. and Canada there is an average of about 42 sq. m. (450 sq. ft.) of living space for each person compared to 3 sq. m. (30 sq. ft.) available in China. In this country we spend a large percentage of money we earn on housing and utilities (water, electricity, gas and oil). In China housing and utilities are cheap and probably average less than $5.00 a month.

Because China has so many people most have to live in more crowded conditions than most North Americans do.

Although many families own their own houses they do not have privately owned lawns and gardens. Instead there are parks and green spaces which are cared for by the community. This is because all the available land is needed to grow food. If families had their own lawns and gardens it would seem to be a waste of valuable farmland. As a result most Chinese workers in the city live in apartments owned by the government.

Until a few years ago apartments were seldom more than five or six stories high. Now it is common to see apartment buildings of ten or twelve stories. Elevators are now compulsory in the new highrises.

A typical apartment for a family of four might contain a small living room, one or two bedrooms, a kitchen, washroom and a balcony. All of this would make up about 42 sq. m. (450 sq. ft.).

MARRIAGE AND FAMILY LIFE

In China where the family has always been the center of life, most people get married, and most stay together for the rest of their lives. The divorce rate in China is only about 3%, compared to Canada, where about four out of every ten couples married will divorce.

In the past, marriages were arranged by matchmakers who worked with the parents to decide on who their sons and daughters married. Usually the bride and groom had never met each other before the wedding.

Today people are free to choose their own mates.

The young men often save for years to get married. The husband and his family are expected to provide the home and furnishings along with the girl's trousseau, usually material for her clothes, sweaters and a coat. Young women and their families were beginning to demand all kinds of expensive gifts from their fiances when they became engaged. Some of these included, sets of furniture, televisions, bicycles, sewing machines and watches. Now the government has started a nationwide campaign on television, radio and in the newspapers to discourage this practice.

The girl's dowry is often quilts - usually enough to last her expected family for a lifetime.

China's new marriage laws are explained to each couple. The law says that a husband must treat his wife as an equal in every way. The wife may keep her maiden name after marriage if she chooses. The couple's children can use whichever family (surname) they choose. Working couples must share family expenses, household chores and raising children. The wife has the same right to own property as the husband.

Weddings are usually performed with very little ceremony in China. The marriage is simply registered. The couple sometimes has wedding pictures taken with the bride wearing a formal white wedding dress and veil and the groom in a dark business suit with a shirt and tie. The photographer often lends these clothes to the couple.

Big wedding receptions that cost the groom's family thousands of yuan are now being discouraged.

Although many young people go off to live by themselves when they marry, many families still have grandparents, parents and grandchildren living together.

Because China's population is now larger than one billion the government is trying to stop this rapid population growth. It is doing this by rewarding every couple who agrees to have only one child. The couple will get extra money each year. The child will go through school free and have free medical care. Also later, the child will be given special treatment in job selection. If the agreement is broken, the couple can then lose 10% of their income. Most young couples are agreeing to sign the pledge - though children are very much loved and cared for, especially in the rural areas where a big family is thought to be very important.

FAMILY BUDGET

Even though the Chinese people earn very little money by North American standards, they are still able to buy most of the things they need.

Remember the Chinese pay very little rent or none at all and most of them do not pay income tax - house mortgages or car payments. Education is free except for some textbooks that have to be bought by the students. Medical schemes set up by the factories and communes mean medical treatment is very cheap.

Here is the budget of an average city couple - each earning about 60 yuan or together about 120 yuan a month.

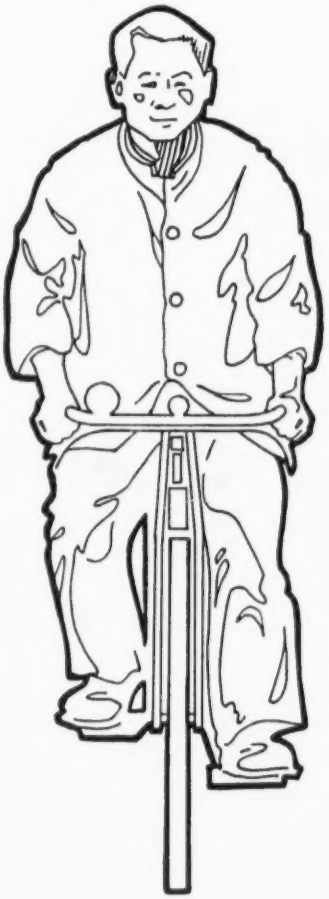
Food	-	65 Yuan
Rent	-	3 Yuan
Bus Fares	-	3 Yuan
Gas & Electricity	-	2.6 Yuan
Water	-	.30 Yuan
Daycare	-	3.50 Yuan

This leaves 42.60 yuan a month for clothing, theatre, movies, beer, cigarettes, eating out or whatever. Although they do not have a washing machine or a private telephone, their basic needs are comfortably met and they can save a few yuan each month.

TRANSPORTATION AND COMMUNICATION

In China the forms of transportation are very similar to Canada. They use boats, trains, buses and airplanes. China is different because each form of transportation is very crowded. In China, most people travel in the cities by bicycle, as the private ownership of automobiles is not common. If you lived in China, your mother and father would probably ride to work on a bicycle. They are usually black, and have only one speed. Children do not usually own a bicycle as they are very expensive, and until recently, were very hard to obtain with long waiting lists. Most streets in the city are very crowded with bicycles, and pedestrians must "dodge" around them all in order to cross the street.

Most main streets are divided into three parts. The center part is often empty as it is reserved for the few cars, buses, and trucks. (They drive on the same side of the street as we do in Canada.) The two outside lanes are for bicycles only. Bicycle riders must not ride in the center portion, or they will be fined if they are caught. All bicycles have bells that the riders use to warn others of their presence as we would use a horn on our automobile. On any street, at almost any time of day, there is a loud horn and bell concert of "beep, beep" as you travel down the street.



Just as we must find a place to park our cars, so must the Chinese find a place to park their bicycles. There are large areas set aside for parking bicycles, and many people are employed to look after bicycles, when the owner is at work, or the market. Because so many of the bicycles all the same, the attendents will place one half a numbered ticket on the seat so that when the other half is given in by the owner (the ticket costs about 3 cents) the bicycle is found among the long rows, and given back.

On some bicycles a second back wheel is added, along with a platform. This bicycle is now called a pedal cart, and will be used to transport coal, vegetables, meat, people, etc. For transporting people (especially small children) a side car is added.

The bicycle is very important and useful in China. Good ones last a long time because everyone takes much care in looking after them, and they cost nothing (except muscle power) to operate.

COMMUNICATIONS

Each morning or early evening in China's cities, you can watch as the wall newpapers are posted around the city. Although the newspapers are government-controlled they have a wide selection of news - international, national, local, political, sports, entertainment, editorials, etc.

Just after the wall newspapers have been posted, groups form in front of them to read and comment.

Before going to work the people come to the walls to read the morning paper, just as in our country you read the morning paper. But people actively discuss and criticize what they read until it is time for work and people go off to their jobs. This provides people with a great opportunity to take part in public life.

Also hundreds of different magazines are published on every subject imaginable, even U.F.O.'s.

Practically every household in China has a radio. Each morning citizens are awakened at about 6:00 a.m. when the radio station signs on with, "The East is Red". Since there is only one time zone in the whole country, the Government Central Broadcasting can give the news all over China at the same time. The newscaster announces about 15 minutes of national news, then some local news and weather, followed by Chinese music. Some stations even play some western style music. The most popular of these tunes include: Home on the Range, Red River Valley, Edelweiss and Auld Lang Syne. Also the radio is often used by the cadres to speak to the people.

FOOD

Chinese food is famous the world over. In many countries you can often find a Chinese restaurant even in the smallest town. Most of the Chinese food in North America is the Cantonese style of cooking from southern China. However, each region has its own varieties. Let's discover why Chinese cooking is so delicious and popular.

COOKING UTENSILS

Everybody has heard about the "wok". This is a type of pot in which much of the cooking is done. It is a wide shallow pan that sits easily on an open fire and doesn't need a proper stove.

Also every Chinese family owns a steamer, a cleaver, (a sharp rectangular knife) and a chopping block. In the last few years, the electric rice cooker has become one of the most popular appliances for Chinese households.

PREPARATION

All the ingredients in Chinese dishes are cut up into bite-size pieces before they are cooked. This means the food cooks quickly and little fuel is used. Also foods cooked as little as possible keep their vitamins and minerals. The Chinese seldom use ovens so food is steamed, fried, boiled, or baked on top of the stove.

INGREDIENTS

Lunch and dinner usually have a staple food. As we have bread or potatoes, the Chinese eat rice, noodles, steamed bread or millet porridge. Rice is a popular food in the south where three crops are grown each year. Here, hardly a meal is eaten without it. In the north where wheat is grown, noodles and bread from flour are part of most meals.

With these staples, a number of dishes can be served. These include vegetables, pork, poultry, fish and bean curd (tofu). Some special Chinese vegetables are:

- water chestnuts
- bamboo shoots
- chinese mushrooms
- bean sprouts
- snow peas
- bok choy

Protein is expensive for the average Chinese and meat has often been rationed. But now more protein is finding its way into Chinese meals. Most farm families raise at least one pig and several chickens or ducks.

Chinese cooks waste nothing. They say they use every part of the duck except the quack. They boil it, broil it, stuff it and roast it. Even one-hundred-day-old duck eggs are popular. Since they are black from being soaked in lime and tea, most Chinese call them one-hundred-year-old eggs.

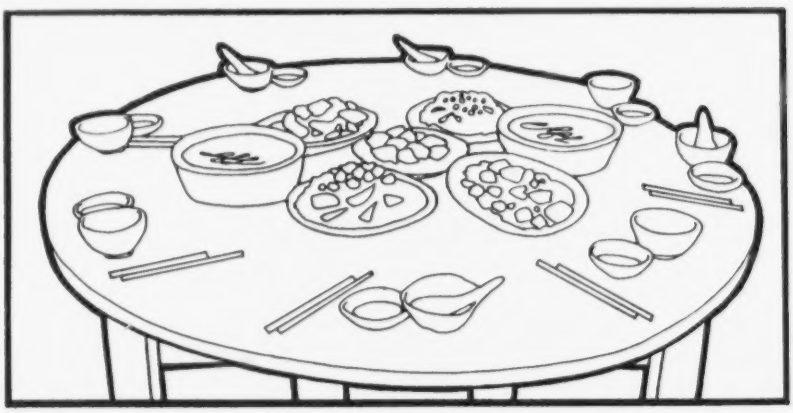
For thousands of years soy sauce has been one of the most important flavourings in Chinese food. The Chinese use it just as we do ketchup and mustard but it is also an important cooking ingredient in Chinese food.

THE MEAL

Everyone sits down to a table set with a bowl of rice, a pair of chopsticks and a ceramic spoon. Each person helps themselves to the different meat, fish or vegetable dish on the table. They eat the rice together with the other dishes with chopsticks. The soup is served at any time during the meal instead of just at the beginning as it is here. When everyone has finished eating, hot tea is served, though the Chinese never drink it with milk, sugar or lemon. It is not usual to have dessert.

BANQUETS

The Chinese banquet usually has 10 - 12 people to a table. There are many dishes served - but not all at once as in a family dinner. Delicacies such as shark fin or bird's nest soup or bear's paw are often served. The host always helps the other guests to pick out the tastiest morsels.



DRESS

Until very recently in China, the government did not encourage the people to have personal possessions or wear fashions that would make some people seem richer than their neighbours. Perhaps you have seen pictures of both men and women dressed in simple cotton trousers and loose cotton shirts or Mao jackets, usually in blue, gray or khaki.

During this period cotton cloth was rationed to six metres per person, per year. Usually people got a new outfit at New Years. Otherwise, patching was a necessary method for keeping clothes going for one more season.

Although many Chinese still dress simply in the same styles year after year, they now have much more personal choice in clothing. In the last few years since China has renewed its interest in the West, the Chinese have become more interested in their personal appearance. Women are trying out new hairstyles, makeup and jewellery. They are buying, and more often making, western-style clothing and reading fashion magazines.

Now glamourous actresses and not women revolutionaries are the idols of young women. Although this is seen most often in the cities, women in rural areas are starting to take notice of the trend. Permed hair, western dress and high-heeled shoes are now often seen. Even the little advertising that is displayed shows attractive young women using beauty soap and face creams.

In the cities, many men are now wearing three-piece business suits with shirts and ties. Young men now wear jeans and with some even leather jackets are becoming popular.

In spite of fashion, the weather in China often dictates what people wear. In the hot southern summer - where fans are scarce and air conditioning almost non-existent - loose cotton clothing is a necessity.

In northern areas in the winter many of the people appear quite plump. This is because they wear layer upon layer of thick padded clothing to protect themselves from the cold. A person may wear as many as 14 layers. If the weather gets warmer or they go inside they may take off a couple of layers. But as there is seldom central heating, many layers are still necessary even indoors.

EDUCATION

My name is Li Yuchuan. I live in the city of Wuhan in the middle of China. In the summer it is called the Furnace of China because the temperature goes up to 110°F (40°C). I am thirteen years old* and I go to Number 5 Middle School (secondary school).

Our school is a four story building. About 2,000 students attend classes here. We go to school six days a week. Our most important subject is the Chinese language. We have to study very hard to learn to read and write because Chinese doesn't have an alphabet, but each word has a different sign called a character. We have to memorize each character and learn how to make it. Other subjects we learn are Chinese Literature, Mathematics, Chemistry, Physics, Art, History and Politics. Some foreign languages such as English and French are also taught.

If you were a school child living in a typical Chinese city, this is how your day might be arranged.

6:30 - Get up.
Breakfast might be something like this: rice porridge or noodles, eggs and maybe a glass of milk (there isn't always enough milk for everybody).

7:30 - School begins with morning reading - you don't have to be at school for this class but most think it is a good idea. Students read aloud in Chinese or perhaps another language they are studying. It can be a noisy time.

8:00 - Regular classes begin. Each class is 40 minutes long with a five minute break between.

10:00 - Everybody takes part in five minutes of eye exercises. Look at the worksheet and try some yourself.

10:05 - The whole school lines up to do the morning exercises. Everyone does the same movement together.

* In western terms this would be 12 years old since the Chinese calculate their age from time of conception instead of birth.

11:30 - Lunch time. As there hasn't been a lot of time to prepare this meal, it is usually simple, soup, and two to four dishes containing vegetables, rice, meat or fish.

1:30 - Back to school for regular classes.

3:30 - One hour of sports and activities. This is compulsory and might include such activities as ping-pong, soccer, skipping ropes - or perhaps singing in the choir.

4:30 - Home again - most children use this time to get in at least half an hour of homework. Then they might help around the apartment, taking out the garbage, washing dishes or perhaps even cooking.

6:00 - Dinner would be like lunch only there may be more dishes and a longer time would be taken to prepare them.

7:00 - The evening might be spent watching T.V. (usually black and white). Many programs are educational and there are only a few commercials. Some evening the family might go to the movies or play Chinese checkers. It is a time for the family to do things together.

9:00 - Time for bed.

After five years, students graduate from middle school. When they graduate, they go to work at jobs assigned to them by the government. Until recently students had to work for two years before a few of them were chosen to go to university. Now some go directly to college or university.

HEALTH

PREVENTION

What does it mean when we say "an ounce of prevention is worth a pound of cure"? It is this proverb which is the foundation of Chinese medicine today. The Chinese people believe that to keep healthy is much more important than to just treat illness once it has happened. Let's look at how China goes about trying to keep their one billion people as healthy as possible.

If you travelled around China one of the things you would surely notice is all of the people exercising together - at certain times of the day - in parks, schools, factories anywhere they are gathered. To keep physically fit is everyone's responsibility. Children are encouraged not only to exercise their bodies but their eyes as well. Two five-minute periods are set aside each day for children to do eye exercises. Look at page A-24, it describes how these exercises are done, to keep the eyes strong and lessen the need for glasses.

Eighty percent of the Chinese people live in the countryside and are not close to well-equipped hospitals. Also there are not enough trained doctors to serve the huge population. To overcome these problems China trains paramedics, many of whom are women, to carry out their health programs. These health workers are trained for six months to two years. They get their name "barefoot doctors" from the medical assistants in southern China who carry out their medical services while working barefoot in the rice paddies.

Their main aim in giving health care is also prevention. They educate the people on the importance of keeping their home, streets and countryside clean, purifying water, and waging war against flies and mosquitoes. They also stress the necessity of personal cleanliness - washing your hands and face and brushing your teeth - in preventing disease. Another of their jobs is to vaccinate the children against diseases like measles, polio, and smallpox. In the summer they take around a drink which prevents heat strokes. They also give a medicine which is supposed to prevent the flu. Another important part of their job is to teach about birth control.

Even though medical workers and the people together try to keep the population healthy, people still get sick or injured. For problems such as broken bones, deep wounds or snake bite the injured person is taken to a health station where they are treated by a barefoot doctor. If a person

has a more serious injury or condition, doctors, who work in the commune clinic, take over. They have X-ray equipment and can do difficult surgery.

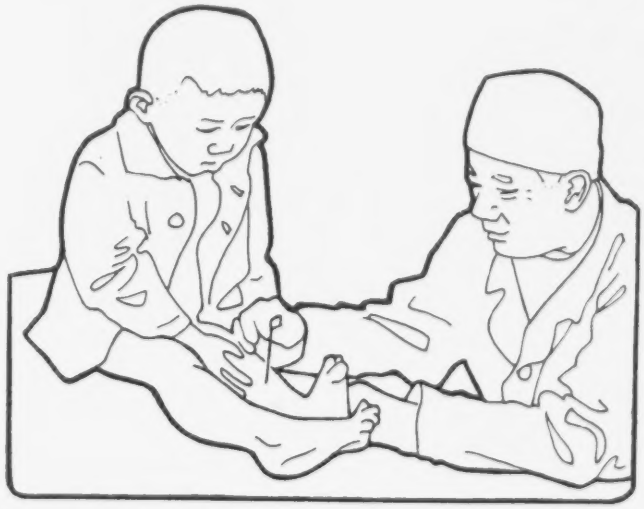
Medical care is available for almost everyone. Prescriptions are filled for about half the cost of the medicine or less.

TRADITIONAL PRACTICES

Acupuncture was first used in China about 2,000 years ago. It is a practice of using long steel needles to treat disease and to dull pain. Doctors in China use acupuncture about 90% of the time as an anaesthetic in surgery. The patient stays awake all the time and feels no pain. In fact, patients can often get off the operating table and walk out after quite a serious operation. The practice is also used to relieve minor pains like headaches and sore backs.

Herbal remedies for curing illness are very popular with the Chinese people. About three-quarters of prescriptions are filled with herbal medicines. These are made from herbs, roots, bark, leaves, flowers and other things found in nature. The herbs are grown on the communes. Pharmacists trained to mix the herbs prepare prescriptions.

For centuries poor health was a major problem in China, with many people dying needlessly. Now, however, with China's widespread medical program, people can expect to live to about 70 years of age.



ACUPUNCTURE

THE ARTS

Have you ever stopped in front of a Chinese store selling ornaments and furniture? Do you remember what you saw? Probably lots of vases and bowls with Chinese writing on them, bamboo mats, chopsticks, and even fireworks! What else? Shiny black boxes with golden dragons on them, silk screen prints of misty landscapes, some tiny little carvings in jade and, over there in one corner, a large, fat Buddha clasping his tummy and smiling to himself. Most of these things were probably mass-produced for a large market but they still represent the various forms of Chinese art as they were found by archaeologists in temples and palaces a long time ago. They are beautiful to look at, lovely to touch and the originals must have been wonderfully and patiently carved.

The study of China's art is as important to understanding Chinese civilization and culture as is the study of its geography and history. Being an ancient civilization, the Chinese were among the first to invent writing. They discovered how to make paper and to print books. They were also credited with the discovery of gunpowder and the invention of the compass. Because they placed great importance on education, they elected leaders who were scholars, capable of mastering the difficult art of writing the Chinese language, and with a good appreciation of poetry and painting.

CHINESE CLASSICAL PAINTING

Besides this, the Chinese people have been making beautiful things for over 4,000 years. Many of these were made for the temples and palaces of the nobles but the people to liked to have beautiful things in their own home - a painting on silk, a bronze bowl or a carving. It was in the Shang dynasty that craftsmen first began using bronze. At first the wonderful jugs and bowls they poured were made for the Emperor but later on, the craftsmen made them for people to use in homes. They also made fine pottery and they discovered how to spin and weave silk. Those jade carvings we saw in the store were copies of ones begun about this time because the Shang people had mastered the art of drilling jade and polishing it. Most important in this dynasty, the people knew how to write.

Because the Chinese people believed that life after death would be very similar to life on earth, they used to make clay models of things which they thought the dead would need - bowls, cups, animals and even servants. Pottery was developed much later on in the T'ang dynasty when the Chinese learned to bake or "fire" their pottery in kilns to make it hard and fine.

It was in the tenth century under the Sung Emperors that a very hard pottery called "porcelain" was produced. This was usually green or white in colour and sometimes so thin that one could see through it. Merchants who visited China admired this eggshell porcelain and purchased large supplies of it. Soon potteries were set up in Europe to make what is known today as "china". Later the factories decorated the china with Chinese designs.

The Chinese people, however, most admired the art of painting. Many paintings were done on silk scrolls which could be unrolled and hung on a wall. Often they would carry a poem or a picture of some landscape. These paintings were often hung in temples.

This is a very brief description of Chinese art but by examining the paintings and carvings you will be able to understand better how the Chinese felt about the beauty of nature and the meaning of life around them. We hope you will have a chance to visit a large museum to see some of the original pottery that we have read about.

LEISURE

"We do not know a nation until we know its pleasures of life. . . " This was said by Lin Yutang in My Country and My People.

In China's past, educated people's pleasures did not include physical exercise. The Mandarins did not even walk when they went outside. Servants carried them from place to place in a palanquin (sedan chair). It was thought that farmers and craftspeople worked with their hands and educated people worked with their brains.

Mao Zedong's ideas changed this direction. Under the Communist party all people were expected to use both their hands and their brains. Students were expected to work on farms and in factories as well as in school. Also peasants were expected to be literate and to study political thought.

"Friendship first, competition second", is the motto used in sports activities. Almost everyone in China is involved in some type of sport or physical activity, whether exercises, basketball, soccer or volleyball, gymnastics, tug of war, or ping-pong. In 1980, China had its first ice hockey tournament.

Card playing and Chinese chess are popular again now after a period of being frowned on by the government for a number of years. Kite flying is a favourite activity when the weather is warm. Some kites are over five meters high (13 to 16 ft). It takes several people to hold them once they are up.

Movies are very popular with the Chinese people. They have started to import foreign films.

In the cities the Chinese opera plays to packed audiences. The characters wear exquisite costumes and makeup. In music, song, dance and pantomime they act out a complicated story that takes four or more hours.

In the countryside, groups of entertainers tour villages. The people enjoy watching the tightrope walkers, jugglers and acrobats perform.

European and American music is also very popular - some jazz bands are now being encouraged to tour the country.

Children's Palaces have been set up in many of China's larger cities. As many as two thousand children may attend classes at a palace once or twice a week. Students may learn ballet, painting, electronics, and metal work along with numerous other subjects. The children who take lessons are expected to teach the skills they learn to other students at their school.

Many children take an active part in the organization called Young Pioneers. In some ways it is similar to Boy Scouts or Girl Guides - in that it is a youth organization. To become members of this group children must be chosen by their teachers and fellow students and be judged by the Young Pioneer members. Do they show a desire to help others? Are they sincerely interested in studying about the party? Are they loyal to their country by being willing to work for it? The Young Pioneers instruct other children on the importance of the revolution in everyday life.

MINORITIES

There are fifty-seven different nationalities in China - the one with the largest number of people is called the Han. The Han Chinese are in the majority. Because there are far smaller numbers of the other nationalities they are known as the minority peoples.

Although they only make up 6% of the population - this adds up to about 60 million people. These people occupy 50% of China's land area. The five largest groups of minorities live in areas known as Autonomous Regions.

THE UIGHURS

The Xinjiang Region is one of the Autonomous Regions. It lies in the far west of China. Although several different minorities live here, the one with the greatest numbers is the Uighurs. They have their own language which is quite different from Han Chinese. Also the people don't look like the Han, being of Turkic or Central Asian descent.

Most Uighurs are Moslems. The men wear jackets and trousers like the Chinese though some wear traditional robes. The women's clothes consist of loose dresses worn over long loose pants. Some women cover their faces with veils.

Most people live in thick-walled, adobe houses. The roofs are flat as there is little rainfall to settle on them. Much of this region is made up of mountains or deserts. The villagers spend much of their time trying to reclaim land from the desert. Crops can only be grown in the oases.

The farmers get up very early to do their hard work during the cool morning hours. As the day progresses the temperature of the sand may reach 93°C (200°F). During this time villagers take a siesta. After the sun sets it is pleasantly cool much of the year.

Families enjoy sitting outside in their arbour for the evening meal. A wool rug, which the women have woven, covers the ground. Dishes are set out on a cloth runner. They may include - noodles, pilaf (rice), vegetables, mutton, and maybe, pears, melons or figs, depending on the season. Brick tea is served during the meal. It is made of both tea leaves and stems pressed tightly together. Pieces of the brick are broken off and boiled to brew a very strong tea. After dinner a member of the family may entertain by playing the dutar, a two stringed fiddle as he sings the folk songs of their people.

THE MONGOLS

The Inner Mongolian Autonomous Region is an area of grasslands where nomads have lived with their herds for generations. This area has many communes for animal raising. A family may be in charge of a thousand sheep. When the pasture in one area is exhausted they move on to new grazing grounds. These families who have to move around so much live in tents called yurts. They are made of felt stretched over a wooden frame.

Every year after the nomads sell the wool and some of their sheep, they pay taxes to the government. The rest of the money is divided amongst themselves.

Nomads are now being encouraged to settle down. Permanent houses are being built for them.

A YI WOMAN

A TIBETAN WOMAN

THE TIBETANS

The Tibetan Autonomous Region - the "Roof of the World" - lies from 1,524 to 6,096 m. (5,000 to 20,000 ft.) above sea level. This is the home of the Himalayas - the highest mountains in the world. Tibet was for centuries the world's most mysterious, unreachable (remote) and isolated country. It is still difficult to reach. There is no railway; a trip by road takes at least a week and even by air, flights are often cancelled because of weather conditions.

Here nomadic herdsmen, with savage watchdogs to scare off wolves and leopards, tend their herds of yak and sheep. Domesticated yaks, which are crossbred with lowland cows to improve their (flesh) meat and milk, are one of the few animals that are able to adapt to this high altitude. Even on mountain passes the shaggy yaks can carry heavy loads, that horses could not bear. They also provide clothing and much of the Tibetan's food such as milk, yogurt, butter and meat.

Mountain barley is the major crop. It is roasted, pounded into flour, mixed with tea, milk and yak butter to make a thick paste. The Tibetans roll the dough into a ball, which they eat one at a time. This is their staple food which is called tsampa.

Lhasa, the capital of Tibet lies in a valley 3,658 m. (12,000 ft.) above sea level. Here you can visit the Potala Palace which looms 214 m. (700 ft.) against the skyline. The thirteen tiers of its cream and wine coloured walls are topped with golden tile roofs that gleam against the sky. This was the home of the Dalai Lamas - the Buddhist priests who were thought of as living Buddha kings who ruled Tibet throughout the centuries.

During this time, Tibet has been sometimes independent and sometimes ruled by China. In 1950, the People's Liberation Army invaded Tibet. China compelled the Dalai Lama to rule in name only while they made changes which were supposed to take land from the rich monasteries and give property to the people. However, Tibetans found the changes unacceptable and in 1959, they revolted.

The revolution was unsuccessful. Tens of thousands of Tibetans were killed. The Dalai Lama fled to India, where he still lives today. He has vowed not to return until Tibet can once again be a truly autonomous region. He considered visiting Tibet in 1985, but decided not to do so.

Tibet and the Tibetans suffered great hardships from the Chinese occupation. Beijing ordered the Tibetans to slaughter most of their cattle to convert range land into wheat fields. However, the altitude was too great and the crops failed. With the loss of the animals on which people depended for food, many came close to, or experienced, starvation.

Tibet also suffered - perhaps its greatest loss - in the field of religion. Tibetans, possibly the most devoutly religious nation of buddhists in the world, saw most of their centuries old monasteries demolished, the precious cultural history of writings, paintings and sculpture either burned, destroyed, or taken to China to be sold to antique dealers, or in the case of statues, melted down for bullion. No one was allowed to practice their religion, and thousands of lamas and monks were imprisoned and sent to forced labour camps.

In the late 1970's, the government of China tried to make amends for their faulty decisions. It gave Tibetans control of their farms and pasture lands and encouraged them to build up their livestock. It lifted taxes and stated they did not have to sell their produce to the government unless they wanted to.

Now the government has lifted the ban on religion. It has permitted the lamas to return and has given 8 million dollars to restore monasteries. Temples are now open to the public again for religious practice. Much money is being spent in Tibet to improve the difficult conditions there. However, China maintains 300,000 members of the People's Liberation Army there - about one soldier for every 12 Tibetans - and it is unlikely Tibet will ever be the same. The fourteenth Dalai Lama considers that he may well be the last in the long line of such revered spiritual and government leaders of Tibet.

The government of China has set up ten National Minorities Institutes in different parts of the country. Young people of different minorities are chosen to attend these special colleges after graduating from school. Although each institute teaches different subjects, the students mainly study the Chinese language, agriculture, animal breeding and practical nursing. When the students return to their homes they can teach their new skills to their own people. They can also interpret for the Chinese.

At the institutes the students are served the same food as they eat at home. Also they often perform their national songs and dances in traditional costumes.

GLOSSARY

acupuncture - the practice of inserting long steel needles to treat disease and to dull pain.

adobe house - a house made of sun-dried mud.

ancestor worship - the belief that the living could communicate with the dead, practiced by placing offerings of food, incense and other items at shrines and graves.

arbour - a place shaded by trees, shrubs or vines on a wooden frame.

autonomous regions - areas that are under Chinese rule but which maintain their own independence in terms of language and culture.

barefoot doctors - see paramedics.

Buddha - (means "Awakened One"), son of a ruler in north India and founder of Buddhism.

cadres - a person who has been trained to do special work for the government, usually a member of the Chinese Communist Party.

Chiang Kai-shek - chief political leader of the Chinese nationalists from the 1920's until his death.

children's palaces - classes are held here for children who excel in a particular art or skill. They attend classes and then return to their own school and teach other children.

Chinese characters - graphic symbols representing words.

ching tso - "quiet-sitting" - meditation used in Confucianism.

collectives - many farmers joining together to form bigger and bigger groups.

co-operatives - farmers who own land combining together to form one large farm with everyone working together to create one large crop.

cremation - to burn a dead body to ashes.

Cultural Revolution - (1965-1967) - a time during which Mao tried to bring China back to the pure ideals of the revolution. This was carried out by the Red Guard who believed that propaganda, demonstrations and personal sacrifices would meet this goal. Things, however, became too violent and the army had to take control. The effects are still felt today.

Dalai Lama - Buddhist priests thought of as the living Buddha-kings who ruled Tibet through-out the centuries.

Dharma - an explanation, according to Buddha, of how things really exist, not how we see them with our ordinary minds.

divination - the practice of trying to tell the future or the unknown.

dormitories - rooms rented by single workers from the factory where they work.

dynasty - Chinese kingdom ruled succesively by members of the same family.

Empress Dowager - Tzu Hsi (1835-1908) - Empress Dowager Tzu Hsi was one of the most powerful women in China's history.

Four Modernizations - China's policy of working toward modernization in the areas of agriculture, industry, science and technology and defence.

Great Leap Forward - Mao's five-year plan. Its most important goal was to produce more steel.

herbal remedies - medicines made from herbs, roots, bark, leaves, flowers and other things found in nature.

Hundred Flowers Campaign - Mao's program that was to allow freedom of speech.

"kowtow" - kneel and touch the ground with the forehead as a sign of respect.

Kuomintang - Nationalist Political Party led by Chiang Kai-shek. This organization grew out of a revolutionary group formed by Sun Yat-sen.

Lao-Tzu - a Chinese philosopher who is supposed to have lived during the 6th century B.C. He is considered the founder of Taoism.

meditation - deep thinking.

neighbourhood committee - volunteer workers, usually retired that oversee many activities in the community.

nomads - wandering peoples.

"one hundred year old eggs" - eggs soaked in lime and tea that turns the eggs black.

opium - a narcotic drug produced from the opium poppy.

paddies - sectioned fields that are purposely flooded to grow rice.

palanquins - chair that was carried by servants containing one of the Mandarin royalty.

paramedics - "barefoot doctors" that are trained for six months to two years to handle medical problems and emergencies.

pinyin - new writing system with the names being pronounced closer to the way they sound in Chinese.

porcelain - fine china.

reincarnation - rebirth of the soul in another body.

Sanskrit - language used by Indian priests.

sericulture - raising of worms to produce silk.

Sun Yat-sen - leader of the revolution of 1911 against the Manchus and first president of the Republic of China.

sutar - two-stringed fiddle used by the Uighurs.

Taiwan - an island off the Chinese mainland, to where Chiang Kai-shek and the Nationalist government escaped after being defeated by the People's Liberation Army. Formerly called Formosa.

terra-cotta - hard, brown-red, earthenware pottery.

tsampa - considered the staple food of the Tibetans - it is parched barley which is ground into meal and then into cakes with yak butter and milk and then soaked in tea or soup.

"walking on two legs" - China's industrial policy; one leg is the large factories in big cities using modern technology and the other leg is small industries found from one end of the country to the other in rural communities.

wok - wide, shallow pan that sits easily on a fire.

Young Pioneers - youth organization orginally formed to promote the importance of the revolution in everyday life.

yuan - the unit of money in the People's Republic of China.

yurts - felt tents stretched over a wooden frame.

TERRA COTTA SOLDIER

SUGGESTED READING LIST

1. Bakken, E., and Eric Domke. Living in China. Agincourt, Canada: The Book Society of Canada, 1983.

2. Beers, B.F., and Barbara M. Parramore. Chiliying: Life in a Rural Commune in China. Student Booklet and Teacher's Guide. Raleigh, NC: North Carolina State University Curriculum Publications, 1979.

3. Benegar, John, Heidi Hursh, Jacquelyn S. Johnson, and Avang Teh-Ming. Changing Images of China. Denver, CO: School of International Studies, University of Denver, 1983.

4. Filstrup, C., and Janie Filstrup. China: From Emperors to Communes. Minneapolis, Minnesota: Dillon Press, Inc., 1983.

5. Jennings, Jerry, and Margaret Hertel. China. Grand Rapids, MI and Toronto, Canada: The Fideler Co., 1979.

6. Perl, Lily. Red Star and Green Dragon: Looking at New China. New York, NY: William Morrow and Co., 1983.

7. Rau, Margaret. The People of New China. New York, NY: Jullian Messner, 1978.

8. Rau, Margaret. Holding Up the Sky: Young People in China. New York, NY: Jullian Messner, 1979.

9. Rau, Margaret. The Minority Peoples of China. New York, NY: Jullian Messner, 1982.

SUGGESTED ACTIVITIES

INTRODUCTION

1. Invite a guest who has lived in or visited China to speak to the class. Suggest he/she bring pictures or objects from China to give students a "hands on" opportunity. Perhaps make an audio or video tape of the visit for review or to use with other classes.

2. Collect, mount or make a scrapbook, or bulletin board display of recent pictures of China. They can be grouped according to topic, then discussed and studied.

3. Make a list of words or phrases to describe China and the Chinese people. Discuss the lists. Did they have stereotypical ideas of the Chinese? What are the causes of these? Have students keep these lists to look at when the unit is completed.

4. Make up an "Information Kit" on China as you study this unit.

   a) Collect pictures and photographs of China.
   b) Take pictures or videos of:
      - the students doing the activities on China,
      - the students on field trips,
      - visitors to the classroom,
        eg. - acupuncturist
            - tai-ji expert
            - calligraphy expert.
   c) Make a mural or a large illustrative map.
   d) Collect newspaper clippings.
   e) Collect stamps and coins from China.
   f) Bring some Chinese arts and crafts.
   g) Put together a collection of Chinese stories.
   h) Make a Chinese flag and emblem.

   Display these in the school display cases. Share them with another class or visiting parents.

THE LAND

1. Large countries such as Canada, the United States and China sometimes have problems that countries smaller in area don't have. Can you think of any problems a country may have because of its large size?
   Think about: - Transportation
   - Communications
   - Government

   1.

   2.

   3.

   4.

   5.

   Do you think Canada and China share these problems? Which ones?

2. Look at a map of China's borders. Choose a phrase from the list below that best completes the sentences.

   a) the world's highest mountains
   b) the driest deserts
   c) the world's largest ocean
   d) dense jungles

   1. In the north of China you find _____.

   2. _____ lies to the east of China.

   3. _____ form the boundary between China and Nepal and Bhutan in the south-east.

   4. In the south of China you will find _____.

3. What mountain ranges do you have in your country? What is the height of the highest mountain in your country and in China?

   Find pictures of some of the mountains in your country and in China. Draw or paint pictures of some of these mountains.

Research

4. Divide the class into groups. Each group will choose one of China's three main rivers on which to take an imaginary trip. Keep a log (diary) of your journey. Include:
   - Where the river begins.
   - What type of boat you will travel in.
   - A description of the land through which you will travel.
   - A description of some of the cities you see along the way
   - What different types of transportation you will see on the river.

5. How do rivers and mountains affect:
   - where the people live?
   - farming?
   - transportation?

CLIMATE

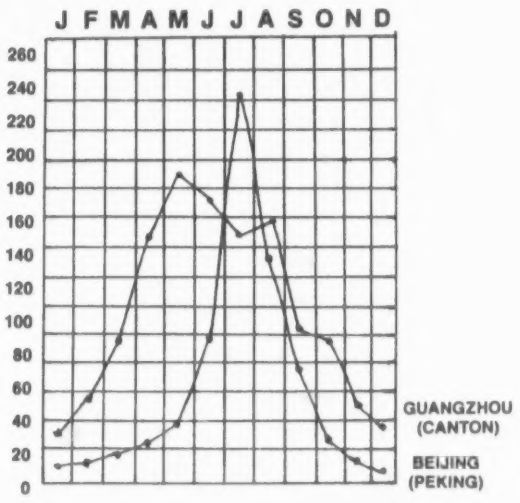
1. In what kind of climate do most of the Chinese people live?

   Where do most of the people live in your country? What is the climate like there?

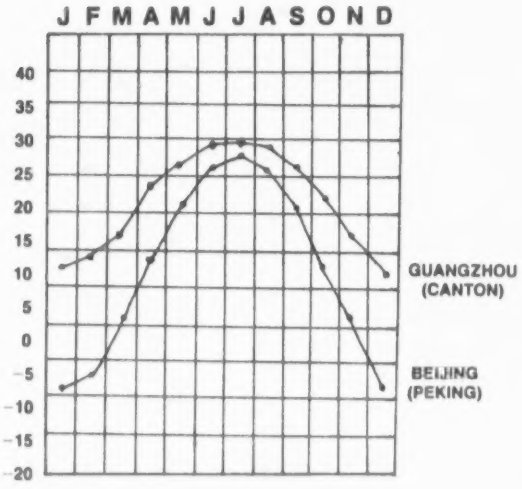
2. Here is a precipitation chart and a temperature chart for Beijing and Guangzhou.

   Find out the average mean precipitation and temperature for your home town. Fill in the charts with a different coloured pencil.

PRECIPITATION



TEMPERATURE



3. Which city gets more rain during the year - Beijing, Guangzhou or your town? In what months does the greatest amount of rain fall in each place? During which month are the amounts of precipitation the closest? The most different?

4. Looking at the temperature and precipitation charts, in which month do you think the weather would be most pleasant in Beijing or Guangzhou? Your city? Why do you think so?

Research

1. Write a report on the monsoon and how it influences the weather in China. Explain it to the rest of the class by using a wall map of China.

2. Role-play being a weather reporter giving the weather forecast in China. First decide what time of year it is.

   Talk about temperature, precipitation, etc. Use a wall map or the blackboard to describe your forecast.

HISTORY

1. Make a chart. Column A is a list of materials the Chinese used thousands of years ago. In Column B, list some of the things they made from the materials, then, in Column C, what they are used for now.

Column A	Column B	Column C
Material	Ancient Use of materials	What it is used for now
bronze		
pottery		
silk		
jade		
paper		

2. Pretend you are the Emperor Qin. Write a press notice to your subjects telling them of all the good things you have done.

3. Pretend you are a citizen under Qin's rule. Write a letter to the editor complaining about one of Qin's policies.

4. Mandarins were high government officials in China. They had to write difficult exams to get their positions. Do they have this system in your country? Do you think it is a good idea? Why, or why not?

5. The arts developed in China during the Tang dynasty. Why do you think this might have happened at this time?

Research

1. On a map of China, draw the Silk Route. Why was it important? What products and ideas came to the rest of the world through this route. What advantages do you think China had because of this road?

2. Write a letter from Marco Polo to some friends in Venice telling them of some of the difficulties and some of the advantages he experienced when he came to China.

3. Why do you think westerners became interested in China during the Ming dynasty? Are people interested in China today? Why are they interested? Are these reasons the same as they were hundreds of years ago?

4. Name two dynasties whose rulers came from outside of China. Where did the rulers come from? Did they respect Chinese ways? How do you know?

5. Answer these questions.

   a) What is opium?
   b) Why did the British want to sell opium to China?
   c) Name two reasons why the Chinese wanted to stop opium sales.
   d) Why do you think the British went to war when the Chinese destroyed their opium?
   e) Why do you think the British got territories and privileges from China?
   f) How do you think these new privileges would have helped Britain?
   g) Name two reasons why other countries might have come to China following the Opium War?

6. Imagine you are an editor for:

   a) An English newspaper.
   b) A Chinese newpaper.

   Write the headlines that might have appeared for these events.

   1. The Opium War begins.
   2. The Taiping Rebellion.
   3. China becomes a Republic - Sun Yat-Sen is president.

7. Imagine you are a soldier on the "Long March". Write entries in your diary for a week about your march. Remember Mao's rules for a soldier's good conduct.

8. Write a couple of sentences on the Boxer Rebellion as it might have been seen by:

   1. One of the Boxers.
   2. A Chinese Christian.

9. Why do you think many of the peasants decided to support the communists instead of the Kuomintang?

10. Compare Mao's attitude toward the peasants with:

    1. The Warlords' attitudes.
    2. Chiang Kai-Shek's forces' attitudes.

11. Roleplay a discussion in a Chinese family about 1949 about whether or not to join a farm collective.

Final Activities

Make a collage of pictures of China's contributions to the world.

GOVERNMENT

1. Name the party in power in the government of your country. Name the main opposition party.

2. The Communist Party is the party in power in China. Do you have a communist party in your country? What part does it play in your country?

3. Name some other countries where the communist party is in power.

4. The Communist party has been in power in China since 1949. How do you think this party has stayed in power for so long in China? How long has the majority party been in power in your country?

5. What is the title of the person who is at the head of the State Council? What is the title of the person who is in charge of the Cabinet in your country?

6. Make a bulletin board display of newspaper or magazine articles about China. Discuss those concerning the government and China's relations with other countries.

RELIGION

1. Make this chart on the blackboard or on a transparency. You may have to do some additional research.

Date of Introduction	Religion	Spiritual Leader	A Belief	A Practice

2. Religion was not allowed to be practiced in China for many years. How do you think this affected the faith of the people? With what did the government try to replace religious faith?

3. Name other countries which have dispensed with religion. What have been the results of this?

4. Taoists believed in trying to prolong life. What do people do in your society to try to live longer? Make a chart.

Taoists	North Americans

5. In the Buddhist religion what are the six perfections? Discuss each one. Which ones are included in your life?

6. How do you think these religions contributed to Chinese history? (See History Section)

   1. Confucianism
   2. Christianity
   3. Buddhism

RURAL LIFE

1. Communes are gradually being dismantled in China and the government is now contracting with individual families for produce. Although the organization has changed, the farm communities are still the same. Make a list of some of the buildings you would expect to find in a rural community. How would these be the same as those in a rural district in your country? Different?

2. What might these buildings be made of? How do you think the geography might affect what materials are used?

3. What types of transportation would you see in a Chinese farm community?

4. What community events do you think the people in rural China take part in?

5. Watch the National Film Board's, "North China Commune". Remember things are changing rapidly in China. List some of the recent changes.

6. Make a list of some of the things you might find in a commune shop.

AGRICULTURE

1. What is famine?

2. Why do most people live and farm in the eastern region of China?

3. Where does the silt in the Huanghe come from? What is soil erosion?

4. Find some examples of irrigated crops in your area. Where does the water come from?

5. What is agriculture?

6. Do you think crop storage is important in China? Why? (Think of its history.)

7. What are the steps in growing paddy rice?

8. How many types of crops grown in China can be grown in Canada?

9. What kind of industrial crops are grown in Canada?

10. What are peanuts used for in China? (Besides for eating).

11. Describe the life cycle of a silkworm and the steps in the production of silk.

INDUSTRY

1. What does China's policy of "walking on two legs", mean?

2. What issues can Chinese union members go on strike for? Why do workers go on strike in your country?

3. Name some goods produced in China that your country could import. What does your country sell to China? What goods or services do you think China might be interested in importing from your country? Why do you think so?

4. Is it better for a country to import goods and services or produce them itself? Why do you think so?

5. The text mentions five advantages of having industries in the rural areas. Name them. Would the system of rural industries work in your country? Why, or why not?

6. Name some other service industries that could be set up in China's cities? Which ones do you have in your country?

CITIES

1. Choose a city in China to research and give a report on it. This can be done in teams or as individuals. Find pictures and brochures of the city. A travel agent can be helpful. Find out where the city is on a map of China. Be prepared to answer class questions when giving your report.

2. Plan a trip to Beijing or Shanghai. Decide what time of year you would go. What would you take with you? What would you like to do and see while you are there? What would you like to buy? Make a travel poster to encourage others to visit one of these cities. Write a postcard home telling of your visit. Write your message on one side and draw a picture of something that represents the city on the other.

3. Most people in China shop in open-air markets. Although department stores are becoming more popular in large cities, super-markets are still not a common sight in China. Why do you think this is so?
   Consider: - quantities bought
   - advertising
   - packaging
   - specials
   - positions of business

WORK UNIT

1. Imagine you are a factory worker in one of China's large cities. Write an entry in your diary describing your day.

2. Role-play an interview between a neighbourhood committee volunteer and a news reporter from your country. Tape the interviews and play them for the class to discuss.

3. Make a list of topics on which the neighbourhood committees might have meetings.

HOUSING

Using a large space (move desks in a classroom or find space on the playground), measure out 42 sq. m. (450 - 500 sq. ft.) - the size of an average apartment for three or four people in China. Make a floor plan which includes a living room, bedroom, kitchen, bathroom and balcony. Decide where the furniture will go. Only include what furniture is essential. Compare this space for living with your home.

FAMILY BUDGET

Most Chinese families are able to save a few yuan each month. If you were a member of a Chinese family what would you want to spend the family savings on?

Rank these goods as to which would benefit the whole family most. Be prepared to defend your choices.

1. sewing machine
2. T.V.
3. bicycle
4. moped
5. a camera
6. equipment for opening a small restaurant
7. texts to learn English
8. cassette tape recorder
9. electric fan
10. washing machine

MARRIAGE AND FAMILY LIFE

How is marriage in your country the same and/or different from marriage in China?

Make a Chart

	In China	In Your Country
1. Choice of Mate		
2. Age of Couple when Married		
3. Dowry		
4. Name Change		
5. Children's Name		
6. Working Wives		
7. Family Expenses		
8. Chores		
9. Wedding Ceremony		
10. Family Residence - where couple lives after marriage.		
11. Number of Children		

TRANSPORTATION AND COMMUNICATION

1. Why do you think the bicycle is so popular in Chinese cities?

2. If everyone rode a bicycle instead of driving a car in your city/town, what changes would you see in your community as a result?

3. In China there are very few privately owned motor vehicles. Name the things a private vehicle is used for in your culture. For which ones would a bicycle do as well?

4. Make a collage of pictures of types of transportation in China.

5. Imagine you are living in China. Write to the official in charge of the Chinese broadcasting system to suggest some new types of programming for the coming season.

6. Why do you think wall newspapers are used in China instead of everybody having a copy of their own paper? What are the advantages and disadvantages of wall newspapers? Do you think they would be popular in your community? Why, or why not?

7. What other forms of mass communication do you have in your community?

FOOD

1. As a class, visit a grocery store, which sells Chinese foods. Look for and try to find out about such foods as:
   - one-hundred-year-old eggs
   - Chinese mushrooms
   - dried squid
   - shark's fin
   - water chestnuts
   - bean curd (tofu)
   - lychees

2. Does the store sell rice bowls, Chinese tea cups, pottery spoons and chopsticks? Make sketches of these items and then draw a place setting.

3. Make a chart of the different food groups and fill it in with different Chinese foods found in the grocery store.

Vegetables	(Starch) Staples	Protein
1.		
2.		
3.		
4.		
5.		

4. Look through some Chinese cookbooks. Make up a dinner menu. Did you choose a balance of proteins, starch, vegetables and fruit?

5. Still looking at Chinese cookbooks, find out how many different ways rice can be cooked. In China one person may eat a pound of rice each day.

6. Find an easy recipe in a Chinese cookbook that you would like to try. Cook it together as a class or have someone in the community who is interested in Chinese cooking come to the class to prepare a dish for you.

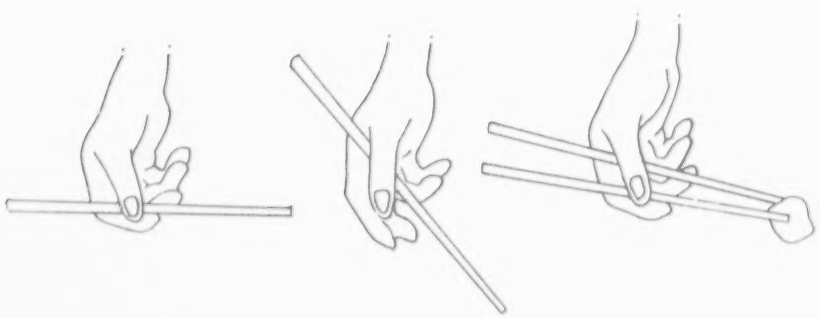
7. Practice using chopsticks so you can try eating the Chinese food with them.

8. Order Chinese food to have in the classroom. Or, as a class, visit a Chinese restaurant for lunch. Have you tried Dim Sum? It can be an inexpensive way to try various Chinese foods.

9. Make different types of Chinese tea. Have a tea tasting session. Some popular types of Chinese teas include: Jasmine, Lapsang Souchong, Oolong and Gunpowder.

10. Explore how the geography of a region in China would affect what the people eat. eg.
- climate
- nearness to water or rangeland

11. Grow your own bean sprouts. Buy some small green "Mung" beans from a Chinese grocery or health food store. Take a large clean clay flower pot. Place a layer of clean pebbles over the bottom of the pot. Put a layer of beans over the pebbles. Wet the beans thoroughly and cover with a damp, black cloth. Put in a warm spot and rinse with fresh water daily. All the beans should have sprouted in eight to ten days. They can then be washed and cooked. These crisp white sprouts can be cooked in dishes such as "Chow Mein" or "Egg Fo Yong". They contain about 25% protein, 64% carbohydrate and 1.5% fat.



CHOPSTICKS

DRESS

1. Collect pictures of Chinese clothing-both traditional and modern. Try to put the pictures in chronological order.

2. Until recently, each Chinese person was rationed 6 metres of cloth per year. How many metres do you think were in the clothes you bought in the last year?

   eg: jeans - 1.5 metres skirt - 1.5 metres
   blouse - 1.5 metres shirt - 1.5 metres
   dress - 3 metres

3. Cotton is very popular in China - though people often knit or buy synthetic sweaters. Look at the labels on your clothes. Make a list of the fabrics they are made of. Compare the lists with the other students in your class. What are the most common fabrics or materials?

4. Silk is one of China's major exports. Do you or anyone in your family have anything made of silk? Is the silk from China?

5. Research and find out how silk is made.

6. Try wearing many layers of clothes as the Chinese do. Does it make you feel warmer? How does it compare with wearing your winter coat?

7. Do you often stop wearing a particular piece of clothing even though it is not worn out? Why? Do you think this is usual in China? Why?

EDUCATION

1. Imagine you are living in China and are attending a Chinese school for a year. Write to a friend in your country, telling them about some of the things that are different from schools in your country and things that are the same. What would make you feel most at home? What would you miss about your home?

2. Which school subjects do you think would be most important in China? In your country? Why?

3. Have somebody who knows Chinese calligraphy visit your class. Perhaps they can explain the paper, ink and brushes used. Students can try drawing some Chinese characters. There are some examples on page A-23. Find some of your own. What do they mean?

4. Chinese students spend a lot of time in organized activities outside the classroom. Do you think this is a good idea? Why, or why not?

5. As you think about the difficulties you may have in adjusting to a school in China, think about the problems a child from China or another country may have getting used to your schools. Make a list of ideas you could put into practice to help new students from other cultures become comfortable in your school. Do you have an opportunity to try some of these suggestions in your school? If so, why not try some?

6. Have a China Day in your class.

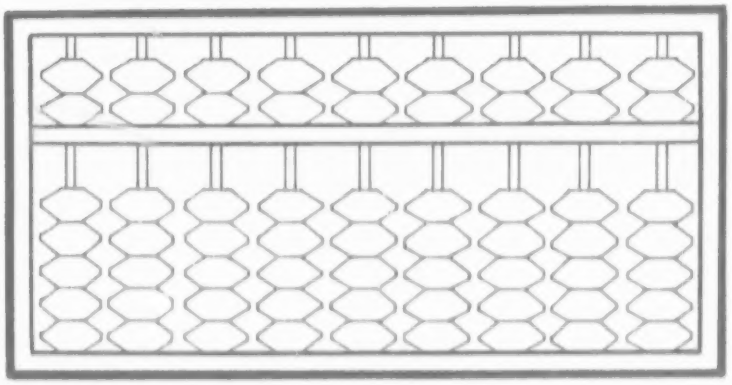
   a) Follow the schedule of a Chinese child's day. (see text)
   b) Have each student choose a Chinese name for the day (wear name tags). (Don't forget the Chinese family name or surname comes first.)
   c) Play Chinese music. Try to get a recording of "The East is Red".
   d) Learn some Chinese games.
   e) Have a Chinese lunch.
   f) Make souvenir menus and recipe books for each student.
   g) Give presentations on the various things you have researched on China.

7. Learn more about China through:

- films
- magazines
- pictures
- records
- videos
- slides
- speakers

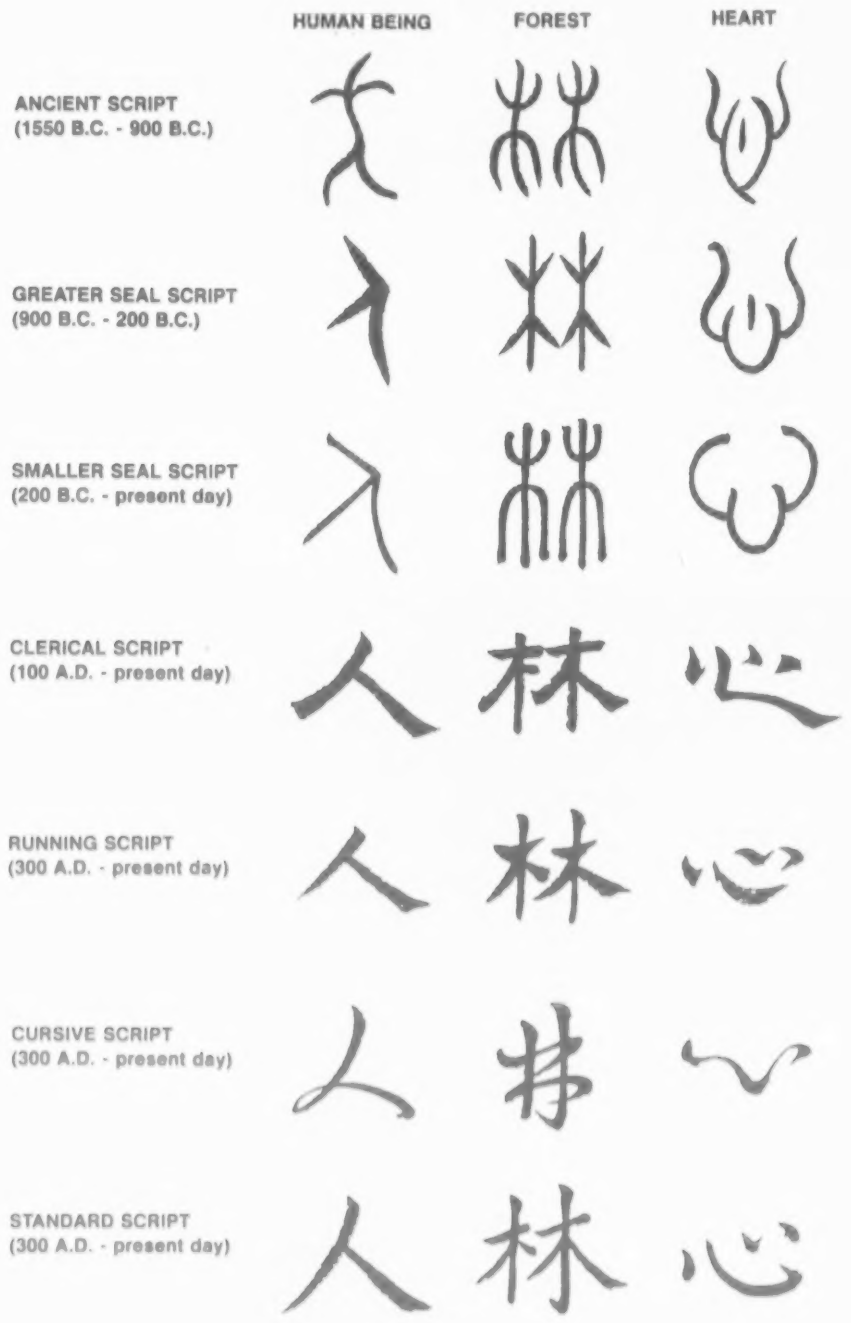
8. Tell some Chinese folk tales.

9. Have someone tell about a special holiday in China.



ABACUS

HISTORICAL DEVELOPMENT OF CHINESE CHARACTERS

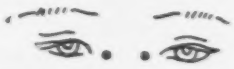


EYE EXERCISES

1. Keep eyes closed while doing the exercises.
2. Fingernails should be short and hands clean.
3. Massage lightly and slowly until the area becomes a bit sore; do not use excessive pressure.
4. Do eye exercises twice a day - once in the morning and once in the afternoon - while sitting with elbows resting on a table.

EXERCISE 1 (8 Times)

Use thumbs to massage the inside eyebrow corners with other fingers slightly curled against forehead.

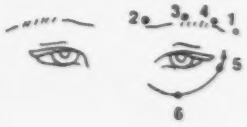


EXERCISE 2 (8 Times)

Use thumb and index finger of one hand to massage nose bridge. Press downward and then upward.

EXERCISE 3 (8 Times)

With thumbs on lower jaw-bone, place index fingers and middle fingers together against both sides of nose near nostrils. Then lower middle fingers and massage the cheeks where the index fingers remain.



EXERCISE 4 (8 Times)

With fingers curled under and thumbs on each side of fore-head, use the sides of the index fingers to rub outward following the diagram pattern: 2-3-4-6-5.

HEALTH

1. Try doing a form of physical exercise all together as a class. If there is someone who practices tai-ji in your area have them come to class to give a demonstration. Perhaps make a video of the demonstration to play for future classes.

2. What exercises do children in your country do to keep physically fit?

3. Practice the eye exercises on page A-24.

4. Find out if there is an acupuncturist practicing in your city/town. Invite them to come to class to show you their equipment and charts and explain the practice.

5. Go on a field trip to a shop which sells Chinese herbal remedies. Make a chart of some of the interesting herbs you discover there along with what they cure.

6. Make a list of folk or herbal remedies found in your culture. What are the remedies supposed to cure? You may want to interview your parents or neighbours about these remedies.

7. Which do you think is better, to prevent illness or to cure it? Why? How do we prevent disease in this country?

8. Make a list of different types of medical workers in your community.

9. How does the medical treatment in your country differ from that in China?

THE ARTS

1. Visit a museum or art gallery, which is showing an exhibition of Chinese art. What period in history does this art come from? What can you learn about the people from this art?

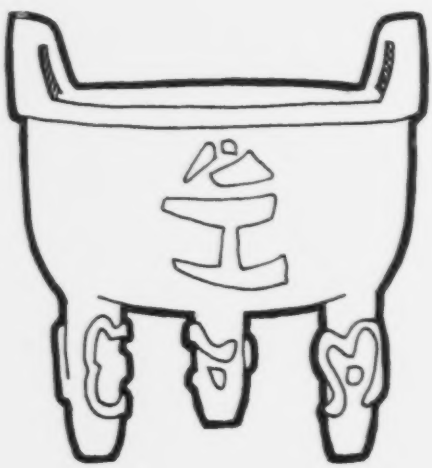
2. Find some pictures of Classical Chinese art. Draw or paint a picture using a classical Chinese style.

3. Listen to some Chinese classical music. Play it several times until you get used to it.

4. Draw or paint a picture showing ancient Chinese architecture.

5. What are some of the art objects archaeologists might find on a dig in China.

6. Choose one of the objects you have listed. What could you learn about the Chinese culture from this object?



LEISURE

1. Make or purchase a Chinese kite. As a class, go out and fly it.

2. If you went to China which of their leisure activities would you like to take part in?

3. Which of the leisure activities popular in China are also popular in your country?

4. Name some of the most popular leisure activities in your community. Some activities are for spectators and some for participants. Fill in a chart of both kinds of activities for China and for North America. Which country has the most of which kind of activities?

	Spectator	Participant
China		
North America		

5. Think of your favourite activities. Are you more a spectator or a participant?

MINORITIES

1. How many minority groups are there in China? Name two of them. On a map of China, find the five Autonomous Regions. List them.

2. How many minority peoples do you have in your country? Name some of them. Do they keep their own culture? Think about:
   - language
   - religion
   - dress
   - food
   - festivals, etc.

   How do they compare with China's minorities?

3. Draw pictures of some of the houses of China's minority peoples.

4. Make a poster inviting visitors to come to one of China's autonomous regions.

5. Imagine you are visiting one of these regions. Write a postcard home telling your family about where you are. Draw a picture on the other side.

THE UIGHURS

1. What is adobe? Why do you think the Uighurs homes are made of adobe? What is the reason for the thick walls? What is used to insulate the homes in your country?

2. What animals do the Uighurs raise? Are the animals different from those Han Chinese raise? Why, or why not?

THE MONGOLS

1. Many of the Mongolian people are nomads. They move their homes from place to place about six times a year to find food for themselves or their animals. Has your country ever had a nomadic people? Who were they? How did they live? Name some other countries who have a nomadic people now. In their past?

2. Many governments are trying to get their nomads to settle down in one place. Why do you think they are doing this? Would you rather be a nomad or a farmer? Why?

3. Fill in this chart on the advantages and disadvantages of being a nomad.

Advantages	Disadvantages
1.	
2.	
3.	
4.	

THE TIBETANS

1. Write a letter to the editor explaining how Tibetans feel about the government having so many members of the People's Liberation Army in Tibet.

2. Imagine you are a Tibetan. Write a letter to a friend explaining what you think about China's past agricultural policy and how it has affected you.

Vocabulary

Match the words in Column A with the correct meaning in Column B.

1.	revolution	A.	A narcotic drug.
2.	rebellion	B.	An important change in government, the economy or society.
3.	dynasty	C.	Mao invited the people to express their thoughts about government.
4.	opium	D.	Fighting against authority or the government.
5.	imperialism	E.	A group of rulers from one family.
6.	The Hundred Flowers Campaign	F.	The upheaval which took place when Mao wanted to renew the revolution.
7.	The Cultural Revolution	G.	A strong country controls a weaker one.
8.	The Great Leap Forward	H.	China's latest plan for development.
9.	The Four Modernizations	I.	The students who led the Cultural Revolution.
10.	The Red Guards	J.	An unsuccessful five-year plan.

Using the words below complete the following sentences.

Shang	The Long March
Taoism	Mongols
Taipings	Boxers
Kuomintang	

1. _____ took place when Mao Zedong and his revolutionary army escaped to the north from the nationalists.

2. _____ are the group who rebelled against the Manchu government.

3. _____ was the religion which taught that people must find "the way".

4. _____ were a group who tried to drive the foreigners out of China.

5. _____ were the first non-Han people to rule over the Chinese.

6. The _____ was the Nationalist party of which Sun Yat-Sen was president.

7. _____ was the first Chinese dynasty that archaeologists found evidence of.

SLIDE-TAPE SCRIPT

Slide 1 Beyond the Great Wall of China lies the most populous country in the world, with more than one billion people within its borders.

Slide 2 China was isolated from the rest of the world not only by its natural boundaries but voluntarily by this 2,800 kilometre man-made barrier. This wall was built more than 2,200 years ago to keep the northern outsiders from interfering in China's Heavenly Kingdom.

Slide 3 The small segments of the wall were joined together into such an enormous structure by the Emperor Qin a ruler of one of China's first dynasties. When he died he was buried with an army of many thousands of these terra cotta soldiers who were to protect him in his afterlife.

Slide 4 China was ruled by a series of dynasties for the next two thousand years. This is one of the last dynastic rulers, the Empress Dowager Tzu Hsi. Her death in 1908 signalled the end of the Manchu Dynasty.

Slide 5 As no new strong monarch was on hand to take over, on October 10, 1911 the old order, symbolized by this guardian of the Heavenly Palace, was swept aside and China was declared a republic. However, the new government made few changes in the lives of most people - they remained poor. . .

Slide 6 until in 1949, Mao Zedong led the Communist party to power, with their revolutionary ideas of a classless society. Now Mao no longer rules, China is reaching out towards the west in an attempt to modernize the nation by the year 2000. Let's take a look at modern China as seen through the eyes of some of its people.

Slide 7 China is a huge country - the third largest in the world - but separated from the rest of the world by ocean to the east and south, by a chain of mountains on the north and west. . .

Slide 8 and by the Tarim Basin, one of the most barren deserts in the world, which stretches for several hundred miles westward.

Slide 9 One of the groups which inhabit the western region is the Kazaks, one of China's 54 minority groups. They follow the Islamic religion. The few non-Moslems among them are people with fair hair and blue eyes. They are descendents of Russian refugees who fled across the border. The land here is too dry for farming and sheep-herding is the main occupation.

Slide 10 The Himalayan chain - of which Mount Everest is a part - forms the southern boundary of China. This is the historic home of the Tibetan people, now another minority group. Here we see them with their yaks, one of the few animals that can survive in these high altitudes, for this is the Roof of the World. Yaks provide Tibetans with clothing and most of their food in the form of youghurt, butter and meat.

Slide 11 Here are some of the country people who have come to the capital, Lhasa, dressed in their warm clothing made from Yak fur and wool. Although China has claimed Tibet for centuries, in 1950, Mao annexed it to China. The Tibetans opposed and there continues to be some resistance to Chinese rule.

Slide 12 Although China has 25% of the world's population, it has only 7% of the world's arable land. The river valleys of the east provide much of this area. Crops are grown on every acre of fertile ground. Wherever it is farmed the Chinese country-side looks like a patchwork quilt of a dozen shades of green.

Slide 13 Most of the people who live in the east are the Han Chinese who make up about 94% of China's population. These are the people we think of when we think of the Chinese.

Slide 14 China has always been an agricultural society, with 80% of its population living on the land - that's more than 800 million people today. Now I would like you to meet Liu Fong, one of China's many farmers. He lives near the middle of China just south of the Changjiang River. "Since 1981 China has begun gradually to change the communes in favour of the responsibility system.

Slide 15 Now each family contracts with the government to grow a certain amount of produce. Whatever is left over can be sold on the free market for further profit.

Slide 16 Farmers are now working very hard and are able to make more money than ever before. We have two harvests of rice each year. Here you can see farm workers planting rice seedlings in a flooded field.

Slide 17 Rice is one of China's main crops. More rice is produced in China than in any other country.

Slide 18 Along with the rice we are also able to grow one wheat crop each year. For the last few years China has been able not only to produce enough grain to feed its huge population - the first time in history this has happened - but even to export small amounts to other countries.

Slide 19 Each farm community has its granaries where the crops are stored."

Slide 20 Basic health care in rural areas is provided by "barefoot doctors" - men, and very often women - who have been trained from six months to two years to take care of patients whose condition is not serious enough to see a doctor.

Slide 21 In China women are no longer treated as domestic servants under the thumb of their mother-in-law. A woman is now part of the family work force able to contribute to its earnings. This woman is making bricks.

Slide 22 Bricks are the most common building material in China today. Most of the trees in China were cut down in the past to make more farmland or to provide firewood for cooking.

Slide 23 Now with almost all young women working it is generally the grandmother who looks after the children and the house and does the cooking for the rest of the family.

Slide 24 As in the past most farmers own their own homes. The rooms tend to be small compared to North American standards.

Slide 25 In China the food is often chopped into bite-size pieces. This way it cooks quickly so it does not require much fuel and keeps more nutrients.

Slide 26 This farm community was able to produce most of the food used to make this delicious meal.

Slide 27 Canals in China provide a means of transporting the farm produce cheaply. Now let's move with the produce into the city.

Slide 28 This is Beijing, maybe you know it as Peking. It is China's capital where more than nine million people make their home. The city began as a trading centre more than 2,500 years ago.

Slide 29 There are very few private cars in China. Most of the cars belong to enterprises or to the government and are used for official business. Bicycles and buses are convenient ways of getting around in the city. In Beijing a bus trip of about two miles costs the equivalent of three cents.

Slide 30 City parking lots are an amazing sight with row after row of bicycles. Beijing has more bicycles than any other city in the world - about three million of them.

Slide 31 In most cities there is a great deal of atmospheric pollution. In Beijing this pollution along with the dust particles that blow in from the northern plains make it necessary for street sweepers to wear masks.

Slide 32 Most Chinese do their shopping in outdoor markets. Here they can buy everything from household items and clothing to food and prepared meals.

Slide 33 Street vending has become an important way for many people to make a living.

Slide 34 As unemployment is a problem in China's cities, the government encourages people to set up small businesses.

Slide 35 Chen Jing Mei is a retired factory worker. This is her story. "Before 1949 when the Communists came to power, I had been a child labourer.

Slide 36 I began work in this textile factory when I was nine. At that time we suffered a great deal from cold and hunger the year round. We had to crawl through the machinery to get to our work and were often injured.

Slide 37 As well as these hardships many girls had their feet bound to prevent them from growing, as this woman had. My elder sister had hers bound but I refused. Many people thought I would never be able to find a husband because of this."

Slide 38 Some neighbourhoods are made up of these older style dwellings. These buildings are rapidly being replaced by highrise apartments, which are being built to take care of the growing population.

Slide 39 A typical apartment for a family of four or five consists of two rooms with a small kitchen, bathroom and balcony. These apartment communities elect a neighbourhood committee which helps run the nurseries and mediates disputes between family members and neighbours.

Slide 40 However, their most important function is to encourage couples to have only one child, as this poster is doing. If China is to continue to feed its people, the birthrate must be kept very low. A family with only one child receives special privileges and extra money. If a second child is born all the privileges are taken away and the money must be paid back.

Slide 41 Families are told they will be more prosperous and serve their country better if they have only one child. This family has many of the possessions that are sought after today by China's young people.

Slide 42 However, this one child policy means children will have no brothers or sisters, aunts or uncles. Many people may have to live in retirement homes as these women do because their families can't support them.

Slide 43 Physical fitness has helped to add additional years to peoples' lives. Every morning people gather in the parks or on the streets to do their exercises. These men are doing tai-ji, an ancient form of body movement and mind relaxation. Sometimes they seem to be doing a slow dance.

Slide 44 After years of being frowned on by the government, card playing is a popular pastime, especially for men. . .

Slide 45 while women often spend leisure hours in each other's company knitting garments from brightly coloured yarn. Beijing's cold winters make wearing many layers of sweaters a necessity.

Slide 46 One of the more popular family outings is to go to the opera. The characters wear exquisite costumes and makeup. With song, music, pantomime and dance, they act out a complicated story which may take up to four hours.

Slide 47 Movies are another important form of entertainment. Tickets are priced to fit Chinese budgets. Students pay only five cents.

Slide 48 Hi, my name is Wang Zhen. I go to junior middle school, which is the same as your junior high school.

Slide 49 One of my favourite subjects is English. Most middle schools now teach English.

Slide 50 This is my science class. It is made up of all girls. China is now emphasizing science in its attempt to modernize. About one-third of the scientists and engineers in China are women.

Slide 51 The playgrounds of our schools are busy places. Everyday, each class exercises in unison for about thirty minutes.

Slide 52 These are my school friends. They are going on an overnight hike.

Slide 53 Here are some primary school pupils. All students in China attend school six days a week. Here they are waiting to line up before they go into class at 8:00 a.m.

Slide 54 Classes are often crowded with as many as 50 pupils in one room.

Slide 55 Children's palaces are recreation centres located in various sections of the city. The buildings usually were the homes of wealthy foreigners. They now belong to the city. Here selected children take lessons in many different activities from ballet. . .

Slide 56 to various sports, to learning to play different musical instruments, of both Chinese and western origin. Here they are practising the violin.

Slide 57 China's long exciting history has brought this great nation through a succession of dynasties and the world's largest experiment in socialism. Only time will tell what new directions China will take as it moves forward - in perhaps its greatest challenge yet - to feed, clothe and provide prosperity for one-quarter of mankind.